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June 2016
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Middle East

THE RAMADAN ISSUE

*Be inspired by Arabic
culinary influence*

WIN! A 2-NIGHT
STAY IN THAILAND!

COOKING WITH POMEGRANATES

A tangy, juicy and
delicious ingredient

HEALTHY VEGGIE SUPPERS

Bursting with interesting
flavour combinations

PLUS:

Arabic Eats

Your essential guide to Ramadan



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MEDIA
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Welcome!

During the holy month of Ramadan, here at *BBC Good Food Middle East*, our main thoughts are about reflection and appreciation.

More than any other month in the year, this month we see the Middle East celebrate its heritage, belief and traditional values. It's a time for all of us – whether we're of Muslim faith or not – to respect and treasure the magical place we live in. And of course, learn a little something new about authentic Arabic cooking!



Whether you've experienced Iftar before or not, I'd highly recommend doing so. It's a fantastic cultural affair for sharing quality time with loved ones over an Arabian feast fit for a king.

With this Ramadan issue, you'll find a range of dining options with suggestions of where to visit, in addition to our first 'Arabic Eats' guide, paired with this month's magazine to showcase a range of top-notch Iftar and Suhoor's, as well as nutrition advice for maintaining optimum health while fasting.

Another way of getting into the spirit of things, is to try cooking a traditional Iftar meal at home for your family and friends. Create an authentic feast using recipes inside from features like 'Moroccan spice' on page 45, or 'Persian food for friends' on page 58 – they'll have your home smelling wonderfully, and your guests leaving satisfied.

In this issue, we also catch up with Michelin-starred chefs Jason Atherton (*In the kitchen with Jason Atherton*, p80) and Björn Frantzén (*A Nordic journey*, p84), to learn of recent trends in the market and culinary techniques you should be sprucing up on at home to make the most out of your cooking.

I hope this issue helps you to embrace Ramadan with open arms, and as always, enjoy discovering new flavours, ingredients and recipes.

Ramadan Kareem, everyone!

Sophie
Editor

WHAT WE'RE LOVING!



"This healthy take on chicken biryani is delicious – it's ideal for packing for lunch, too," says sales manager, Carol.



"This aubergine, lemon & pepper salad is great for serving during Iftar," says sales executive, Liz.



Sales director, Michael says: "This veggie burger with pickled carrot slaw is perfectly balanced and satisfying!"



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Contents

* STARTERS

4 YOUR SAY

We love hearing from you, so why not write to us with your views and comments.

7 EXPERT Q&A

Our editorial panel lends tips on the region's culinary scene.

8 HERE TO HELP

Expert advice for inside of the kitchen.

10 FLAVOURS OF THE MONTH

The best restaurant offers and events happening in the region this month.

15 RESTAURANT REVIEWS

We review one of the city's top tables.

* HOME COOKING

18 FRESH VEGGIE MAINS

Embrace the versatility of vegetables and try out these mouthwatering dishes.

24 DINNER DASH

Ingredient + ingredient = amazing meal!

27 MAKE IT EASY

Meals that will help you to keep the family satisfied without spending hours in the kitchen

34 FOOD TO HELP YOU REFUEL

Keep your energy levels up with a delicious high-carb-protein meal.

38 HEALTHY CHICKEN BIRYANI

A healthy spin on the Indian classic.

40 RICE ANALYSIS

Everything you need to know about rice!

42 HOW TO MAKE MOUSSAKA

Embrace local flavours this month and try out this recipe.

45 MOROCCAN SPICE

Welcome Arabic tradition into your home with these Moroccan recipes.

50 HOW TO BREAK YOUR FAST

Top tips on how you should be breaking fast, the healthy way

52 RAMADAN DELIGHTS

Food for the soul. These recipes are hearty and fulfilling for everyone.

58 AN ARABIC FEAST

Cook a traditional Iftar at home for you and your family.

64 STAYING HYDRATED

Keep your body hydrated as much as possible during the month of fasting.

67 COOKING WITH POMEGRANATE

There's so much you can do with this Middle Eastern favourite!

74 ELDERFLOWER DESSERTS

The ingredient never tasted so good...



*GOURMET LIFESTYLE

80 JASON ATHERTON INTERVIEW

We go one-to-one with the celebrity chef himself during his visit to Marina Social.

84 BJORN FRANTZEN AT ENIGMA

A look at Enigma Dubai's latest concept: The journey of a Nordic chef!

88 THE FUTURE OF KITCHENS

The latest in kitchen design from Miele.

92 TASTE NEW ZEALAND

A heated cook off with New Zealand produce.

100 RAMADAN READY

Our latest Arabic-themed Food Club event at the Miele Gallery.

103 DUBAI CHEF'S TABLE

An irresistible menu cooked up by some of Dubai's top chefs.

*COMPETITIONS

110 A two-night stay in beautiful Thailand

111 A two-night stay in gorgeous Cebu.

112 Dining vouchers, kitchen goodies and more up for grabs.



Our recipe descriptions

V Suitable for vegetarians

❄ You can freeze it

❄ Not suitable for freezing

Easy Simple recipes even beginners can make

A little effort These require a bit more skill and confidence – such as making pastry

More of a challenge Recipes aimed at experienced cooks

Low fat 12g or less per portion

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients

GLUTEN FREE Indicates a recipe is free from gluten

Some recipes contain pork & alcohol.

These are clearly marked and are for non-Muslims only. Look for these symbols:

P Contains pork

A Contains alcohol



I'm a new subscriber to the magazine however I used to buy it regularly and got addicted to cooking as it's a passion of mine and you can't go wrong with BBC Good Food ME by your side! This

magazine is packed with recipes to suit all tastes and every occasion whatever your level of skill, family budget and available time. The balance of different recipes and articles is great. I always try at least 2-3 recipes from each issue and from May's issue I tried the chocolate pie with toffee sauce & coffee cream (p23) and the hot smoked salmon with new potatoes & watercress (p29) to balance the calories from the chocolate pie! Finally the pesto & potato pasta (p59) along with the kids and they loved the whole experience. Thanks again BBC Good Food ME for inspiring and motivating us mums to try out quick, healthy and nutritious meals for our families.

Dalia El Emery



The Travel Issue has to be my favourite issue yet! Travel and food are my two passions and I just love how you combined the two.

Sam Stevenson

I loved the 'Idyllic Island Dining' feature - I think my husband and I have found our next holiday spot....

Tracey Malbourn



Win!

The Winner of the Star Letter gets a **DHS 1,000 Shopping Voucher from Tavola**, The leading retailer of European products and essential items for kitchen. Tavola is a one-stop shop for bakeware, tableware, high quality cookware and premium brands such as Mauveil, Le Creuset, and Zwilling Kitchen knives. They have stores in the UAE and Qatar, as well as across the GCC.

STAR LETTER

As a keen foodie I eagerly await delivery of your magazine each month, this month was no different. I was however most surprised to read the article about Venice as the magazine was delivered to my doorstep whilst my wife and I were enjoying a much needed weekend break away from Dubai. We had flown to Venice for six days with members of the Dubai Sea Dragons. The Sea Dragons are a dragon boat team who were taking part in the Vogalonga, a boating festival over 33km around some of the many islands, which make up Venice. It was an amazing weekend in a beautiful city and the food was delicious. The many restaurants and hotels served authentic Italian dishes from pizza to pasta, gnocchi, fresh fish and wonderful salads. A truly amazing experience, thank you Dubai Sea Dragons and thank you BBC Good Food Middle East.



Patrick Bresli

TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on:






Or, you could write to us at: **The Editor**, BBC Good Food Middle East, Grosvenor Business Tower, Tecom, Office 804PO Box 13700, Dubai, UAE.



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EXPLORING THE VAST HORIZON OF TRADITIONAL TASTE THIS RAMADAN

Inspired by the voyage of many famous Arabian travelers and explorers, this Holy Month of Ramadan, Fairmont Dubai offers a culinary journey that will take you back in time.

From eight influential cuisines prepared in time honoured traditions to a luxurious Ramadan experience complimented by authentic Arabian hospitality, Cascades at Fairmont Dubai is serving the city's finest traditional fare in true culinary style.

Celebrate Iftar with friends and loved ones and be treated to an unforgettable taste of Ramadan.

Iftar Buffet is available at Cascades for AED170 per person from sunset to 9.30pm.

Private Iftar venues are available at the 33rd floor.

For reservations, call +971 4 311 8316 or
email dbi.fbconcierge@fairmont.com or visit fairmont.com/dubai



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QUESTION OF THE MONTH

To enjoy a traditional Iftar done well this Ramadan, which three spots should we be heading to?

Q & A EXPERT

**Tomas Reger**

Award-winning freelance chef and food consultant. Originally from the Czech Republic, he started his culinary career in London.

Founder of Tomas Reger Food Consultants, he is now the executive chef of Intersect by Lexus, DIFC.

☛ Ramadan for me is the time of the year when I try to slow down and reconnect with my friends and family – and what better way to do it than over a traditional meal in a great setting. I would highly recommend these places. The Sheikh Mohammed Centre for Cultural Understanding (SMCCU) where special Iftars are organised with added explanation of culture and traditions during this holiday (book in advance). Next I'd say Al Halab Garhoud – I enjoyed my first Iftar invitation there and they still deliver well, nine years later. For a lavish celebration and one to take visitors, I'd say Al Majlis – a Ramadan tent in Madinat Jumeirah. ☛

☛ Firstly, Clé Dubai. It wasn't cheap but it had great tasting food, I had salmon and prawn tagine, and a spiced lamb sausage with harissa potatoes. My friend had lamb ouzi, which I tried too. The desserts were traditional items such as baklava or kunafa. Secondly, Qbara – I dined here when Chef Colin was cooking, I liked the modern approach with a twist to dishes from across the Middle East. We chose a selection of dishes to share. This was one of my best experiences of Iftar. I had slow cooked spiced lamb shoulder cooked for 24 hours; it just melted in the mouth. I can still taste it now. Lastly, I'd say Seven Sands. I liked this restaurant more for the salads and lighter approach. It's at the beach too. I recommend trying even if you don't have time around Iftar. Very simple but offers good flavours and use of spices. Price point won't break the bank either. ☛

Darren Velvick

Head chef at The Croft, Dubai Marriott Harbour Hotel & Suites, the former patron chef of Table9 has also been head chef at two Michelin-starred restaurant, Marcus Wareing at The Berkeley, and worked alongside Gordon Ramsay at Pétrus.

**Chloe Moir**

A nutritionist with over 4 years' experience, Chloe teaches clients to make healthy choices and small lifestyle changes that help to achieve personal goals. Her food and nutrition blog offers nutrition tips and nutritious recipes: www.chloemoirnutrition.com.

☛ I'd recommend, Be Super Natural. They offer an Iftar menu of raw, vegan dishes where food is locally sourced and organically produced. Secondly, Tom & Serg – during Ramadan they are open late for Iftar offering 'Rule The Roast' which is great for the whole family to enjoy. Lastly, Comptoir 102 – another great place to visit during Ramadan offering healthy Iftar options that are organic and using only highly quality sourced ingredients. ☛

☛ I like the more tranquil, contemplative atmosphere that seems to creep over Dubai during Ramadan. To learn more about the traditions of this special event in Islamic calendar and share a 'break fast' with locals, I recommend the Sheikh Mohammed Centre for Cultural Understanding in the Fahidi district. There's a short walking tour round old Dubai afterwards too. Another down to earth experience is with Frying Pan Adventures on their Old Dubai Ramadan walk and Iftar. A humbling experience to witness thousands of workers sit down on the pavement in a mass communal breaking of the fast. The tour, which is a feast for photographers' eyes too, includes a meal at an Afghani eatery. At the other end of the spectrum, the enormous Asateer tent filled with glittering lights and palm trees at Atlantis, The Palm is has a lavish spread with magical feel about it. Early booking essential for all the above. ☛

Sally Prosser

Author of award-winning food and travel blog mycustardpie.com and keen eater. Champion of sourcing local, ethical, seasonal ingredients, knowing where your food comes from and the impact it has on your health and the planet. Loves custard.



Q Culinary & A

Expert advice
for in and out
of the kitchen



Tomas Reger,
*executive chef at Intersect by Lexus, DIFC and
founder of Tomas Reger Food Consultants,
addresses your culinary dilemmas.*



Q. I'm unfamiliar with Arabic cuisine but would like to try it during Ramadan. Which dishes should I start with?

As with any new cuisine, start from the cold kitchen – salads and mezze – they are simple to recreate and you will find all the necessary ingredients in all supermarkets here. I would also recommend getting Dima Sharif's cookbook – Plated Heirlooms – it includes amazing recipes and inspiration for authentic Palestinian cuisine.

Q. How do I cook with dates? I'm seeing them everywhere...

One of my most popular desserts is sticky toffee pudding using a date paste. I prefer to make my own rather than to buy. Dates don't have to be used only for sweet dishes; they work really well to make chutney like relish to accompany meat dishes too. Just combine fresh dates, add malt vinegar, cloves, cinnamon, a little bit of brown sugar,

vegetable oil and let it simmer. You can also add carrot and ginger. Works well with lamb or beef dishes.

Q. My herbs keep wilting. How should I be storing them to ensure freshness?

The best way to store fresh herbs is to wrap them in a wet paper towel. You need to dampen the towel regularly though. If you have the space, then put them in an airtight container too.

Nutrition Q&A



Chloe Moir,
*a qualified
nutritionist and
personal trainer
with over 4 years'
in the health
industry tackles
your nutrition
dilemmas.*

In order to maintain a balanced diet while fasting during Ramadan, what should I be consuming at Iftar?

Your Iftar meal should be based around unprocessed carbohydrates (quinoa, brown/wild rice, sweet potato, buckwheat), quality protein (lean meats, chicken, seafood, eggs, nuts, seeds and legumes) and healthy fats (avocado, olives, seeds, nuts). Choose fresh foods that are natural and avoid anything highly processed and fried. Avoid overindulging in one large meal and have small meal to break your fast and then another small meal such as a soup, three hours later.

I'm worried I'm not getting enough vitamins, should I be taking vitamin supplements?

Ensure you are eating a well-balanced diet with a variety of foods. This includes plenty of fruit and vegetables, quality protein, unprocessed carbohydrates and healthy fats. Common signs that you might be lacking in some nutrients are feeling fatigued, tired and unmotivated. However, the only way to know if you are low in certain vitamins and minerals is to get them tested from your doctor.





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Flavours *of the* *month*

Here is what's hot and happening
around town this month.

New on the block

📍 **Tamba, The Hub**

Located at Abu Dhabi's latest food hotspot, 'The Hub' at The World Trade Center, Tamba has opened its doors to serve contemporary Indian cuisine. With sleek, loft-style interiors that combine bronze, copper and woody tones, Tamba offers a menu blends modern Indian dishes with traditional spices. Expect to find dishes like sweet and sour pumpkin, spinach paratha with tomato salsa, and wagyu tenderloin kalimiri. *Call 02-6728888.*

📍 **Totora Cebicheria Peruana, DIFC**

Transporting you to the heart of Peru with an authentic Peruvian experience, Totora Cebicheria Peruana has launched downtown Dubai. Embracing indigenous influences through fresh and authentic ingredients juxtaposed with fresh, modern décor, the restaurant and lounge covers two floors - making it the perfect spot for dinner and drinks. *Call 04 399 9666.*

📍 **Ting Irie, Souk Al Manzil**

With claims of being Dubai's first home-grown Jamaican restaurant, Ting Irie has opened for business. Boasting a menu rich with Caribbean flavours prepared with island love, this is the place to be for some jammin' paired with flavoursome food. The menu comprises items like 'tun up tuna with crispy plantain chips', 'peppa shrimp pasta', and the famed Jamaican dish 'jerk chicken with tingting hot sauce'. *Call 04-5575601.*

📍 **House of Pizza, Palm Jumeirah**

With ingredients and flavours originating from Ottawa, Canada, House of Pizza opened last month on the Golden Mile 1. Offering a variety of handmade pizzas, the outlet's menu also features items like 'Palm Poutine', a French-Canadian dish which is French fries drizzled with delicious flavoured gravy, and 'Shakshuka Pizza' with sautéed Shakshuka sauce, red bell pepper, feta cheese, fresh parsley and organic eggs. *Call 04-5149670.*

Tamba, The Hub

Text by SOPHIE MCCARRICK | Photographs SUPPLIED

👉 Gourmet by Kcal, Le Meridien Mina Seyahi

Fancy indulgence without carb-overloading? Head to Kcal's latest outpost, to discover gourmet, healthy food served in a restaurant setting. Gourmet by Kcal has developed traditional favourites using only high quality, natural and organic ingredients, all prepared in an entirely gluten-free kitchen, with all menu items prepared from scratch in-house from sauces to wholesome gluten-free breads. The menu, which will be as diverse and transparent as the existing Kcal Healthy Fast Food restaurant will be nutrient rich as well as free from preservatives, sugar and flours - ideal for anyone serious about health and wellness. *Call 04-5117139.*

👉 PI. Dubai, Dubai Mall

In Dubai's summer heat, nothing beats a refreshing scoop of ice cream, and at the authentic Italian restaurant PI.Dubai, that's exactly what you can expect as they introduce homemade ice cream to their menu. By mixing and churning the batter for a few hours, PI. prides itself on its use of fresh ingredients including whole milk and real cream, avoiding all fillers, preservatives and powders. Offering two scoops in a bowl or one and a half scoops in a cone for Dhs25, you won't want to miss flavours like red vanilla bean, cookies and cream, chocolate brownie, or pistachio dark chocolate chip - perfect for treating the kids with. *Call 04-4471757.*



👉 The Brass, The Beach, JBR

Coffee lovers rejoice! The Brass is where to head when you fancy a lazy afternoon (or morning) with a perfectly brewed cup of coffee and a bite to eat. A homegrown Dubai brand built from and for the Dubai community, this is a café that reflects Dubai itself - fresh and light, with mixed influences, contemporary and eclectic with heritage elements. The menu melds Eastern and Western with items like a range of pastries from the bakery, salads featuring ingredients like Moroccan lamb or chicken, poached salmon and slow cooked tuna, in addition to a selection of sandwiches and flatbreads. *See www.thebrass.ae.*



👉 Bahria, The Beach, JBR

A one-stop seafood destination, Bahria recently opened doors to serve up seafood prepared in Levant and Mediterranean cooking styles. Bahria serves a variety of Mediterranean seafood in a rustic environment, with dishes including the likes of shrimp and avocado cocktail, lobster thermidor, classic Egyptian styled singary fish, plus Bahria's specialty ice-cream. The concept revolves around fresh ingredients against the natural backdrop of the beach - perfect for enjoying a taste of summer, inside during the hot months. *Call 04-4243057.*

👉 Warehouse, Le Meridien Dubai Hotel & Conference Centre

Football fans, it's that time of the year again - UEFA Euro Cup 2016 kicks off on June 10. If you're looking for a place to get into the spirit of things, head to Warehouse, which will be transformed into a vibrant sports venue showcasing the matches, with tasty snacks, meals and beverages to pair. From tasty burgers to curries, there's plenty of the menu to get you through the season. *Call 04-7024255.*

👉 Aseelah, Radisson Blu Hotel, Dubai Deira Creek

Perfectly timed, this month sees the opening of the city's latest Emirati restaurant, Aseelah. Through its unique menu combining the old and the new, Aseelah takes you on a journey from Dubai's humble roots to today's modern achievements. The licensed Emirati restaurant boasts a menu with rich and unique taste, full of flavours like saffron, ginger, cardamom, thyme and turmeric, all of which describe Emirati cookery. You'll find dishes such as balalit and bajella, the famous main course chicken machboos and pumpkin pudding dessert asidat bobar. This is an ideal spot to embrace local traditions this month. *Call 04-2057333*



3in1, Vida Downtown Dubai

At 3in1, a delectable choice of Arabic cuisine will be on offer, including a wide variety of salads, appetizers, desserts, dry fruits and hand crafted beverages created for Ramadan season. Mains will be served from a set menu on the table, including traditional cuisine favourites such as lamb ouzi, hammour, vegetable saloona stew and mixed meat hot off the grill. Available every night throughout Ramadan from sunset until 10pm for Dhs160 per person including beverages, and Dhs80 for children (five years and below are free). Call 04-8883444.

Al Fanous Lounge at Dubai Ballroom, JW Marriott Marquis Dubai

The Dubai Ballroom has been transformed for Ramadan into an opulent Al Fanous Lounge of white, gold and royal blue, a stunning setting to share Iftar and Suhoor. Classic Arabian cuisine is served by seasoned chefs while live Oud players create a special ambience, ideal for relaxing and spending time with loved ones on the occasion of Ramadan. Call 04-4140000.



Füme Downtown, Manzil Downtown Dubai

Füme has pulled out all the stops to make Iftar a scrumptious, generous and wide-ranging one to remember. On the menu, there's traditional mezze, and hot appetizers like falafel, sautéed chicken liver and fried calamari, while mains comprise items like lamb kofta, chops, slow-braised shoulder, chicken tawook, beef medallion, daily catch with harra sauce, zaatar potato and artichokes, plus more. Priced at Dhs139 per person, with a 50% discount for children under 12 years of age. Call 04-4568784.

Iftar and Suhoor



Al Nafoorah, Jumeirah Emirates Towers

Experience a taste of Lebanon this Ramadan, with a gourmet Iftar buffet menu priced Dhs210 per person, followed by Suhoor delicacies and shisha. The all-inclusive Iftar feast kicks off with a selection of traditional fast breaking drinks, such as qamar el din, apricot juice and buttermilk. Followed by a mezze of favourites including chicken shawarma, mixed grill and spicy fishplates including samkeh harra. Complemented by classic sides such as; spinach fatyer and crisp zaatar salad. Rounded off with sweet pastries and traditional desserts including kinafa awammat a honey coated sweet and riz bil halbib, rice pudding with rosewater and pistachio. After a brief break from service, Suhour will follow with a light snack menu and shisha, plus an a la carte menu. Call 04-4323232.

Biryani Pot

Break your fast with a sumptuous feast at Biryani Pot this holy month. The Iftar Combo Meal lets you enjoy a soup or a starter, followed by a delicious main course, dessert and a refreshing beverage, all for Dhs49 per person. Visit www.biryanipot.ae for more information on Biryani Pot outlets.

Dunes Café, Shangri-La Hotel, Dubai

From sunset throughout the month of Ramadan, enjoy an array of Middle Eastern specialties and beverages, including traditional Arabic cuisine from all over the region, as well as a delightful variety of Arabic sweets and desserts at Dunes Café. During the first week of Ramadan this will cost Dhs150 per person, then from the second week onwards Dhs175 per person. Call 04-4502703.

Al Bahou, Mövenpick Hotel Ibn Battuta Gate

Experience Iftar at 'The Gate' this Ramadan, where an extravagant buffet of dining options offering Indian, Italian, Arabic and Asian cuisines will be served to ensure that you and your family share a truly unforgettable Iftar experience, accompanied by sounds of a traditional Qanun player. Al Bahou's Iftar will feature traditional dishes including lamb ouzi, fatteh and mixed grills as well as an array of cold and hot mezze. And, for those with a sweet tooth, there's umm ali, kunafah, katayef, mohalabia and madlouka. Priced at Dhs170 per person with drinks. Call 04-4445613.





Flavours of Ramadan

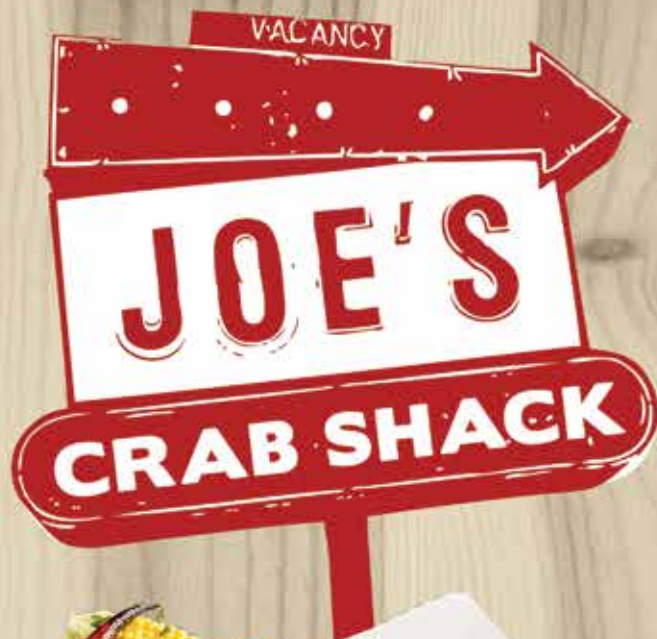
Treat your loved ones to an authentic open Iftar buffet of freshly prepared selections from the Mediterranean and Levant for **AED 175**

Level 3, Harvey Nichols -
Dubai, Mall of the Emirates
04 409 8877

The Beach,
opposite JBR
04 551 6247

Ground floor, The Galleria
on Al Maryah Island, Abu Dhabi
02 676 7702

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👉 QD's Ramadan Tent, Dubai Creek Golf & Yacht Club

Break you fast with stunning views of Dubai Creek this Ramadan at QD's Ramadan tent. Whether for an intimate Iftar with family or a grand Suhoor with friends and colleagues, the talented chefs and culinary team will be on hand preparing daily feasts to suit the tastes of all diners. Sit back and relax in the comfort of an air conditioned marquee that can accommodate up to 350 guests. Exchange laughs over board games, while feasting on a selection of hot and cold Arabic mezze, rustic soups, Middle Eastern and international main courses, desserts with selected juices, traditional Arabic sweets and a variety of dates. With dishes like marinated shish taouk, hammour saidia, pizza and pasta through to the popular live ouzi station and specially crafted mocktails such as 'spice of Persia', made with fresh grapes, tamarind, cumin and sugar syrup, there will definitely be something to please all palates. For the adults, there'll be a special Suhoor a la carte menu from 9pm until 1am. What's more, guests who reserve tables in advance will receive a special price for groups of 15 guests or more. The Iftar buffet will be served from sunset to 9pm and is priced at Dhs160 per person with beverages, and Dhs65 per child (6-12 years). Shisha is available from 8pm. *Call 04-2054500.*



Tried & tasted

Each month, we review a top table in the city.

New opening



Reviewed by Sophie McCarrick
*Editor of BBC Good Food Middle East,
lover of all things food and a keen seeker
of new dining experiences.*

Where: Satine Restaurant & Lounge, Nikki Beach Dubai, Pearl Jumeirah

What's it like: If you're a fan of the laid-back, cool and trendy sort of vibe, this Mediterranean-inspired venue is Dubai's latest hotspot to be. Perched idyllically on level one of the beach club, Satine offers both indoor and terrace seating - we opted for outside as the setting invited with views over the Arabian Gulf, paired with relaxing sounds of the Balearic (perfect locale for sundowners). Headed up by executive chef Udo Moreau - who previously held a six-year tenure at the Michelin-starred Frederic Simonin restaurant in Paris - the kitchen boasts a French-Mediterranean cooking style. The menu is broken down into hot and cold



starters, garden dishes, then land and sea options - simple and focused, which is great (yet I still struggled to narrow it down!). My dining partner and I opt for the handpicked crab meat with guacamole and antica Roma tomato, and the slow-cooked lamb ravioli with a gorgeous couscous consommé and vegetables to start, followed by lamb rump with cumin scented carrots, confit dried grapes glazed in honey, and arroz bomba, which came with langoustine, squid and roasted chicken, paella style, for main. The star of the show for me? The arroz bomba (I'll be going back for this again). I find it can be risky opting for a rice dish, as more often than not the ratio of rice to fish can really kill the dish - but chef Udo nailed it with this one. The portions aren't overly large, but considering the type of restaurant, it's definitely spot-on to its ambiance - light and satisfying. Trust me, you'll not be wanting any after-dinner bloat once you see the cocktail list at the inside bar and lounge.....

If you want to go: Around Dhs400 per person for three-courses, excluding beverages. *Call 04-3766168.*

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Cashew chicken stir-fry, p34

IN THIS SECTION



* Go Tex-Mex with your veggies and try these delicious spicy black bean tacos, **P19**



* Invite comforting flavours of Lebanon onto your plate this Ramadan, **P53**



* Experiment with elderflower with this beautiful panna cotta sweet dish, **P76**



HEALTHY EATING

Fresh veggie mains

Recipes bursting with new and interesting flavour combinations

recipes JENNIFER JOYCE photographs STUART OVENDEN

Spicy black bean tacos

EASY **V** FIBRE IRON **2 OF 5 A DAY**

SERVES 4 **PREP** 15 mins **COOK** 10 mins

1 tbsp vegetable oil
3 garlic cloves, chopped
3 x 400g cans black beans, drained and rinsed
3 tbsp cider vinegar
1½ tbsp honey
1½ tbsp smoked paprika
1½ tbsp ground cumin
For the guacamole
1 small garlic clove
2 tbsp roughly chopped coriander
1 green chilli, sliced
2 avocados, halved and stoned
juice 1 lime
For the salsa
110g pack pomegranate seeds
1 green chilli, finely diced
1 small white onion, finely diced
small handful fresh coriander, chopped
To serve
8-12 corn or flour tortillas
chipotle or other hot sauce
soured cream or coconut yoghurt

1 In a large frying pan, heat the oil and add the garlic. Fry until golden, then add the beans. Pour in the cider vinegar, honey and spices along with 1 tsp or more of salt, to taste. Cook until warmed through, crushing gently with the back of your wooden spoon, then set aside.

2 The best way to make the guacamole is with a large stone pestle and mortar, but you can use a medium bowl and a flat-ended rolling pin instead. Crush the garlic, coriander and chilli into a rough paste. Scoop in the avocado with a little salt and crush roughly - you want it chunky, not smooth. Squeeze in the lime juice and set aside.

3 Mix the salsa ingredients in a small bowl. Heat a griddle pan or steamer and quickly griddle the tortillas or steam a stack of them to warm up. Reheat the bean mixture.

4 To serve, put 1-2 heaped tbsp of beans on a tortilla. Top with a big spoonful of guacamole and some salsa, hot sauce and a dollop of soured cream or yoghurt.

PER SERVING 640 kJ • fat 24g • saturates 5g • carbs 74g • sugars 12g • fibre 18g • protein 21g • salt 2.7g



Ultimate veggie burger
with pickled carrot slaw



‘Vibrant and full of contrasting textures, these

Spice-crusted tofu with
kumquat radish salad



recipes prove meat-free isn't just for Mondays'



Spice-crusted tofu with kumquat radish salad

Buy firm tofu for this recipe, as the silken variety will fall apart.

EASY **V** **CALCIUM** **FOLATE** **FIBRE** **VIT C** **IRON** **2 OF 5 A DAY**

SERVES 2 **PREP** 10 mins **COOK** 5 mins

200g firm tofu

2 tbsp sesame seeds

1 tbsp Japanese togarashi or shichimi spice mix
(available from souschef.co.uk, see page 14)

1/2 tbsp cornflour

1 tbsp sesame oil

1 tbsp vegetable oil

200g Tenderstem broccoli

100g sugar snap peas

4 radishes, thinly sliced

2 spring onions, finely chopped

3 kumquats, thinly sliced

For the dressing

2 tbsp low-salt Japanese soy sauce

2 tbsp yuzu juice (or 1 tbsp each lime and grapefruit juice)

1 tsp golden caster sugar

1 small shallot, finely diced

1 tsp grated ginger

1 Slice the tofu in half, wrap well in kitchen paper and put on a plate. Place a heavy frying pan on top to squeeze the water out of it. Change the paper a few times until the tofu feels dry, then cut into chunky slices. Mix together the sesame seeds, Japanese spice mix and cornflour in a bowl. Sprinkle over the tofu until well coated. Set aside.

2 In a small bowl, mix the dressing ingredients together and set aside. Bring a pan of water to the boil for the vegetables and heat the two oils in a large frying pan.

3 When the frying pan is very hot, add the tofu and fry for 1 min or so on each side until nicely browned. Repeat until you have done them all.

4 When the water is boiling, cook the broccoli and sugar snap peas for 2-3 mins. Drain and divide between two large shallow bowls. Top with the tofu and drizzle over the dressing. Scatter the radishes, spring onions and kumquats on top.

PER SERVING 528 kcals • fat 33g • saturates 5g • carbs 24g • sugars 13g • fibre 12g • protein 27g • salt 1.9g



Ultimate veggie burger with pickled carrot slaw

EASY **V** **LOW FAT** **FOLATE** **FIBRE** **2 OF 5 A DAY**

SERVES 4 **PREP** 15 mins plus chilling **COOK** 20 mins

2 tsp vegetable oil, plus extra for frying

1 small onion, diced

2 garlic cloves, chopped

2 large Portobello mushrooms, finely chopped

2 small sweet potatoes, peeled and diced

150g cooked quinoa

1 large beetroot, grated

1 egg, beaten

2 tbsp chopped coriander

zest 2 limes

4 tbsp plain flour, plus extra for dusting

For the carrot slaw

1 large carrot, thinly shredded

2 tbsp rice wine vinegar

1 tsp golden caster sugar

To serve

2 tbsp mayonnaise

Green masala butternut squash curry

EASY **V** **FOLATE** **VIT C** **2 OF 5 A DAY** **GLUTEN FREE**

SERVES 4 **PREP** 10 mins **COOK** 30 mins

40g coriander

20g mint, stems removed

2 green chillies, sliced

4 garlic cloves

2cm piece ginger, peeled

400ml can coconut milk

1 tsp garam masala

1 tsp ground turmeric

500g butternut squash, peeled and cut into even-sized pieces

150g green beans, ends trimmed

cooked basmati rice, extra coriander and mango chutney, to serve

1 tbsp chilli sauce

4 burger buns, lightly toasted

2 handfuls rocket or spinach leaves

1 In a medium frying pan, heat 2 tsp vegetable oil. Add the onion, garlic and mushrooms, season and fry until everything is soft, about 5 mins. Put the sweet potatoes in a microwaveable bowl, cover with cling film and microwave on high for 5-6 mins until soft. Mash the sweet potatoes, then add to the pan with the onion mix. Tip into a large mixing bowl and leave to cool.

2 Add the quinoa, beetroot, egg, coriander, lime zest, flour and some seasoning. Mix with your hands, then form into four large burgers. Sprinkle with flour and chill for 30 mins to firm up.

3 Put the carrots in a small bowl with the vinegar, sugar and 1 tsp salt. Cover and leave to pickle until ready to eat. Mix the mayonnaise with the chilli sauce.

4 Heat a frying pan and pour in a thin coating of oil. Fry the burgers on a medium-low heat to allow the centre to cook slowly. When browned, after about 7 mins, gently flip over and cook for the same time on the other side. Drain the pickled carrots and toast the buns.

5 Brush the buns with the chilli mayo. Layer on the spinach or rocket, burgers and the carrot slaw.

PER SERVING 300 kcals • fat 5g • saturates 1g • carbs 51g • sugars 17g • fibre 8g • protein 8g • salt 0.1g

1 Put the herbs, chillies, garlic, ginger and coconut milk in a blender and blend until completely smooth and bright green. (You can use a food processor, but a blender will make a smoother purée because it has four blades rather than two.)

2 Pour the mixture into a medium saucepan and add the spices and 1 tsp salt. Bring to a simmer, add the squash and cook until soft – about 25 mins. Meanwhile, blanch the beans in boiling water, then drain and rinse in cold water – this keeps them perfectly cooked. Add them to the curry just before serving to warm them through. Serve with warm rice, extra coriander and chutney.

PER SERVING 243 kcals • fat 17g • saturates 15g • carbs 15g • sugars 8g • fibre 5g • protein 4g • salt 0.1g

gf For more vegetarian and
vegan recipes, visit
bbcgoodfoodme.com



DINNER DASH

Get cracking!

A box of eggs and a few simple ingredients – all you need for a speedy supper

Smoky shakshuka

SERVES 2

Slice the chorizo and cook in a frying pan until the oils are released. Slice the peppers, add to the pan with the tomatoes, season and cook until warmed through.

Make two spaces in the pan and crack an egg into each one. Cover with a lid and simmer for 5 mins until the eggs are cooked.

BENEFITS low cal • 2 of 5-a-day

PER SERVING 348 kcs • fat 23g • saturates 8g • carbs 11g • sugars 8g • fibre 2g • protein 23g • salt 2.2g

P



Vegetable fried rice

SERVES 2

In a wok, stir-fry the vegetables for 1-2 mins until softening, then add the rice and warm through. Crack in the eggs and stir through with the teriyaki sauce.

BENEFITS vegetarian • low fat • low cal • folate • vit c • 2 of 5-a-day

PER SERVING 336 kcs • fat 8g • saturates 2g • carbs 50g • sugars 12g • fibre 4g • protein 14g • salt 1.6g



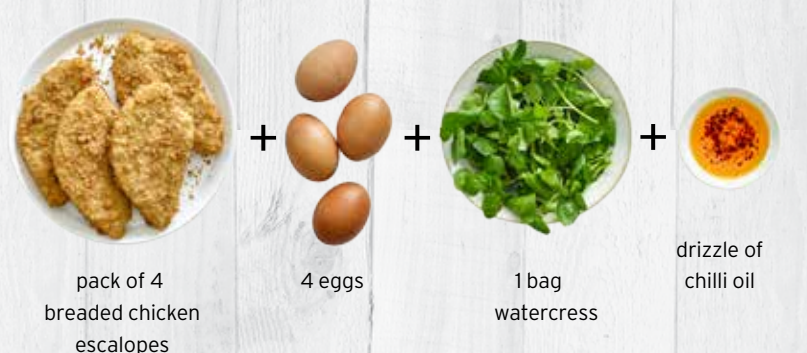
Fried egg Milanese

SERVES 4

Cook the escalopes following pack instructions. When they are nearly done, fry the eggs in a large frying pan.

Serve the chicken on a bed of watercress, topped with a fried egg and a drizzle of chilli oil.

PER SERVING 440 kcs • fat 29g • saturates 5g • carbs 18g • sugars 2g • fibre 1g • protein 26g • salt 0.9g



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Vegan
Dhs8 per serving

Sweet potato Tex-Mex salad

A hearty salad with lots of interesting flavours and textures.

EASY **V** **LOW CAL** **FOLATE** **FIBRE** **VIT C** **4 OF 5 A DAY**
GLUTEN FREE

SERVES 4 PREP 10 mins **COOK** 30 mins

600g sweet potatoes, cut into even chunks

2 tbsp extra virgin olive oil

1 tsp chilli flakes

400g can black beans, drained and rinsed

198g can sweetcorn, drained and rinsed

2 avocados, chopped

250g tomatoes, cut into chunks

1 small red onion, thinly sliced

1 small pack coriander, roughly chopped
juice 1 lime

1 Heat oven to 200C/180C fan/gas 6. On a baking tray, toss the sweet potato in 1 tbsp of the oil with the chilli flakes, sea salt and pepper. Roast for 30 mins until tender.

2 Once the sweet potato is nearly ready, combine the remaining ingredients in a large bowl with the remaining 1 tbsp oil and season well. Mix everything well but take care to avoid squashing the avocado. Divide the salad evenly between plates, or serve sharing-style with the sweet potato chunks.

PER SERVING 485 kJals • fat 21g • saturates 4g • carbs 56g • sugars 27g • fibre 17g • protein 9g • salt 0.6g



One-pot dinner
Dhs15 per serving

Honey & mustard chicken thighs with spring veg

This self-saucing one-pot is like a roast dinner without the fuss.

EASY **FOLATE** **FIBRE** **VIT C** **IRON** **1 OF 5 A DAY** **GLUTEN FREE**

SERVES 2 (easily doubled) **PREP** 10 mins

COOK 40 mins

1 tbsp honey

1 tbsp wholegrain mustard

2 garlic cloves, crushed

zest and juice 1 lemon

4 chicken thighs, skin on

300g new potatoes, unpeeled, smaller left whole, bigger halved

1 tbsp olive oil

100g spinach

100g frozen peas

1 Heat oven to 200C/180C fan/gas 6. In a small bowl, mix together the honey, mustard, garlic and the lemon zest and juice. Pour the marinade over the chicken thighs and season.

2 Put the chicken, skin-side up, on a large baking tray, then dot the new potatoes in between them. Drizzle the oil over the potatoes and sprinkle with sea salt. Roast in the oven for 35 mins until the chicken skin caramelises and is charred in places.

3 Add the spinach and peas to the roasting tray. Return to the oven for 2-3 mins until the spinach has begun to wilt and the peas are hot and covered in the mustardy sauce.

PER SERVING 571 kJals • fat 30g • saturates 7g • carbs 36g • sugars 12g • fibre 7g • protein 37g • salt 0.8g

Lamb-stuffed aubergines

EASY **FOLATE** **FIBRE** **IRON** **2 OF 5 A DAY** **GLUTEN FREE**

SERVES 4 **PREP** 10 mins **COOK** 1 hr

4 medium aubergines, cut in half lengthways and scored on a diagonal

2½ tbsp olive oil

500g pack lamb mince

1 red onion, finely chopped

1 tsp paprika

2 tsp ras el hanout

50g sultanas

50g pine nuts

½ small pack parsley, chopped
green salad, to serve

1 Heat oven to 200C/180C fan/gas 6. Place the aubergine halves on a large baking tray or two smaller ones. Drizzle over 2 tbsp of the oil and season the aubergines well. Cover with foil then roast the aubergines for 50 mins until tender.

2 Meanwhile, make the lamb stuffing. Heat the remaining oil in a frying pan over a high heat. Add the lamb, breaking down the meat with the back of a wooden spoon. Fry for 5-6 mins or until most of the liquid has evaporated and the mince has started to brown.

3 Add the onion and spices and cook for another 5 mins until the meat is

completely brown and has become caramelised and sticky. Add the sultanas, pine nuts and parsley, season to taste, then set aside.

4 Carefully scoop most of the flesh out of the aubergines and add it to the lamb, then refill each aubergine with the mixture. Return to the oven for 8-10 mins, until piping hot. Serve with a green salad.

PER SERVING 507 kcal • fat 33g • saturates 10g • carbs 17g • sugars 18g • fibre 9g • protein 29g • salt 0.3g

Gluten & dairy free

Dhs18 per serving





Recipe for one
Dhs21 per serving

Spiced salmon with beetroot, feta & wild rice

EASY **FOLATE** **FIBRE** **OMEGA-3** **1 OF 5 A DAY** **GLUTEN FREE**

SERVES 1 **PREP 5 mins** **COOK 25 mins**

120g pack single salmon fillet

1/4 tsp each ground cumin and caraway seeds

1 tsp extra virgin olive oil plus extra to serve

60g wild rice

100g ready-cooked beetroot, cut any way you like

2 spring onions, sliced on a diagonal

juice 1/2 lemon

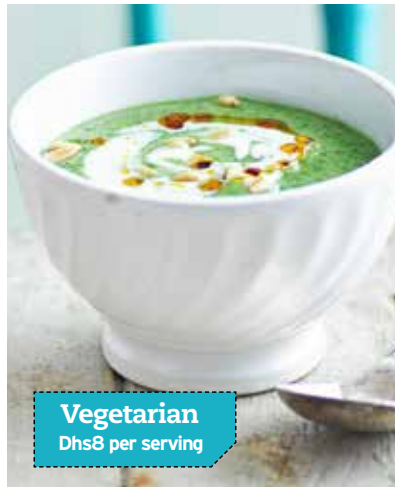
25g feta, roughly crumbled

1 Before you prep the veg, coat the salmon fillet in the spices and oil then set aside to marinate. In a small saucepan with a tight-fitting lid simmer the rice over a medium heat for 25 mins.

2 After 15 mins, season the salmon, then place the fish, skin-side down, in a cold non-stick frying pan (this will ensure you get an evenly crispy skin). Place over a medium-high heat and cook the salmon for 5 mins, then flip it over and cook on the other side for 1-2 mins more, depending on how you like it.

3 Drain the rice, then return it to the saucepan and toss with the beetroot, spring onions, lemon juice and seasoning to taste. Serve the rice alongside the spiced salmon with the crumbled feta and a drizzle of olive oil on top.

PER SERVING 626 kcs • fat 27g • saturates 7g • carbs 53g • sugars 9g • fibre 6g • protein 39g • salt 1.0g



Vegetarian
Dhs8 per serving

Supergreen soup with yogurt & pine nuts

This simple soup is a fresh new way to use a bag of mixed leaves, and freezes beautifully.

EASY **V** **LOW FAT** **CALCIUM** **FOLATE** **FIBRE**
VIT C **1 OF 5 A DAY** **GOOD 4 YOU**

SERVES 2 **PREP 5 mins** **COOK 25 mins**

2 tsp olive oil

1 onion, chopped

2 garlic cloves, crushed

1 potato (approx 250g), cut into small cubes

600ml vegetable stock

120g bag mixed watercress, rocket and spinach salad

150g pot natural yoghurt

20g pine nuts, toasted

chilli oil, to serve (optional)

1 Heat the oil in a medium saucepan over a low-medium heat. Add the onion and a pinch of salt, then cook slowly, stirring occasionally, for 10 mins until softened but not coloured. Add the garlic and cook for 1 min more.

2 Tip in the potato followed by the veg stock. Simmer for 10-12 mins until the potato is soft enough that a cutlery knife will slide in easily. Add the bag of salad and let it wilt for 1 min, then blitz the soup in a blender until it's completely smooth.

3 Serve with a dollop of yoghurt, some toasted pine nuts and a drizzle of chilli oil, if you like.

PER SERVING 325 kcs • fat 13g • saturates 2g • carbs 36g • sugars 14g • fibre 7g • protein 12g • salt 1.0g



Ready in 15 minutes
Dhs22 per serving

Chorizo, prawn & polenta

This easy two-pan recipe produces an indulgent meal in a flash.

EASY **CALCIUM** **P**

SERVES 2 **PREP 5 mins** **COOK 10 mins**

1 tsp olive oil

100g chorizo, skin removed and thinly sliced

600ml vegetable stock

1 garlic clove, crushed

180g pack raw king prawns

100g quick-cook polenta

50g Parmesan, grated

25g butter

1/2 small pack parsley, roughly chopped

1 Heat the oil in a frying pan over a medium-high heat. Add the chorizo and cook for 3 mins. Meanwhile, in another pan, boil the veg stock.

2 Add the garlic and prawns to the frying pan and cook for 3-4 mins until the prawns just turn pink, stirring occasionally. Take off the heat and keep warm.

3 Add the polenta to the stock and whisk vigorously for 1 min until thickened. Remove from the heat and whisk in the Parmesan and butter for 1 min more until melted. Season liberally.

4 Serve the prawns and chorizo in their oils on top of the polenta, with the parsley scattered over the top.

PER SERVING 669 kcs • fat 37g • saturates 18g • carbs 41g • sugars 2g • fibre 2g • protein 41g • salt 3.3g

LOVE YOUR LEFTOVERS

Throw any leftover beetroot and feta into a green leafy salad for lunch the next day.



3 of your 5-a-day
Dhs18 per serving

Veggie tahini lentils

Quick, easy and packed with healthy veg, this is one of my favourite midweek meals.

EASY **V** **LOW CAL** **FOLATE** **FIBRE** **VIT C** **3 OF 5 A DAY**
GOOD 4 YOU **GLUTEN FREE**

SERVES 4 PREP 10 mins COOK 10 mins

50g tahini
zest and juice 1 lemon
2 tbsp olive oil
1 red onion, thinly sliced
1 garlic clove, crushed
1 yellow pepper, thinly sliced
200g green beans, trimmed and halved
1 courgette, sliced into half moons
100g shredded kale
250g pack pre-cooked Puy lentils

1 In a jug, mix the tahini with the zest and juice of the lemon and 50ml of cold water to make a runny dressing. Season to taste, then set aside.

2 Heat the oil in a wok or large frying pan over a medium-high heat. Add the red onion, along with a

pinch of salt, and fry for 2 mins until starting to soften and colour. Add the garlic, pepper, green beans and courgette and fry for 5 min, stirring frequently.

3 Tip in the kale, lentils and the tahini dressing. Keep the pan on the heat for a couple of mins, stirring everything together until the kale is wilted and it's all coated in the creamy dressing.

PER SERVING 293 kcs • fat 14g • saturates 2g • carbs 23g • sugars 7g • fibre 10g • protein 13g • salt 0.7g

Kidney bean curry

This recipe comes to the rescue when there's nothing in the fridge or you simply want something cheap, delicious and filling.

EASY **V** **LOW CAL** **FIBRE** **VIT C** **IRON** **3 OF 5 A DAY**
GOOD 4 YOU **GLUTEN FREE**

SERVES 2 PREP 5 mins COOK 30 mins

1 tbsp vegetable oil
1 onion, finely chopped
2 garlic cloves, finely chopped
thumb-sized piece of ginger, peeled and finely chopped



Raid the storecupboard
Dhs8 per serving

1 small pack coriander, stalks finely chopped, leaves roughly shredded

1 tsp ground cumin

1 tsp ground paprika

2 tsp garam masala

400g can chopped tomatoes

400g can kidney beans, in water
cooked basmati rice, to serve

1 Heat the oil in a large frying pan over a low-medium heat. Add the onion and a pinch of salt and cook slowly, stirring occasionally, until softened and just starting to colour. Add the garlic, ginger and coriander stalks and cook for a further 2 mins, until fragrant.

2 Add the spices to the pan and cook for another 1 min, by which point everything should smell aromatic. Tip in the chopped tomatoes and kidney beans in their water, then bring to the boil.

3 Turn down the heat and simmer for 15 mins until the curry is nice and thick. Season to taste, then serve with the basmati rice and the coriander leaves.

PER SERVING 282 kcs • fat 8g • saturates 1g • carbs 33g • sugars 13g • fibre 14g • protein 13g • salt 0.1g



Easy midweek dessert
Dhs9 per serving



Crowd-pleaser
Dhs18 per serving

Cheats' banana & peanut brittle ice cream

If the bananas in your fruit bowl are on the verge of being overripe, just peel them, pop them in an airtight container and freeze them ready to make this delicious dessert, quick as a flash.

EASY **V** **FIBRE** **VIT C** **1 OF 5 A DAY**

SERVES 2 (easily doubled)

PREP 5 mins **COOK** 5 mins

30g caster sugar

30g roasted salted peanuts

30g dark chocolate (70% cocoa solids minimum)

4 small ripe bananas, frozen

1 Melt the sugar in a small frying pan over a medium heat until caramelised. Add the peanuts, then immediately and carefully tip the brittle onto a piece of non-stick baking parchment and leave to cool.

2 In a microwaveable bowl, melt the dark chocolate in the microwave for 1 min. Stir it well, then set aside.

3 Remove the bananas from the freezer and blitz in a food processor until they are the consistency of ice

cream. Break the cooled brittle into shards and drizzle each bowl of ice cream with some melted chocolate. Mmm!

PER SERVING 413 kcs • fat 14g • saturates 5g •

carbs 60g • sugars 54g • fibre 6g • protein 8g • salt 0.2g

Southern fried fish finger sandwiches

These are a great take on the classic fish finger samie. Relish in their messiness – you haven't eaten it right if you don't have crumbs on your chin!

EASY **FOLATE** **1 OF 5 A DAY**

SERVES 4 **PREP** 20 mins **COOK** 15 mins

30g pack fajita seasoning

50g plain flour

2 large eggs, beaten

100g dried breadcrumbs

500g skinless and boneless cod, cut into chunky fish fingers

oil, for frying

4 crusty white rolls, sliced in half

4 tbsp mayo

1/2 iceberg lettuce, shredded

tomatoes, gherkins and lemon wedges, to serve

1 Mix the fajita seasoning with the flour and some salt and pepper in a bowl. Put the beaten eggs and the breadcrumbs in two separate bowls, then line all three bowls up.

2 Working in batches, coat the fish in the seasoned flour, then shake off any excess and dip in the egg, followed by the breadcrumbs. Place the coated fish fingers on a plate.

3 Pour enough oil into a large frying pan so that it covers the base. Heat the oil over a medium-high heat, then fry the fish fingers in batches until golden and cooked through (approx 3 mins). Drain on kitchen paper and season with sea salt. Transfer them to a low oven to keep warm.

4 Spread each roll with 1 tbsp of mayonnaise and a handful of lettuce, then build up your sarnies with the hot fish fingers, tomatoes and gherkins. Serve with lemon wedges for squeezing over and kitchen paper.

PER SERVING 755 kcs • fat 41g • saturates 4g • carbs 59g • sugars 5g • fibre 4g • protein 36g • salt 2.8g

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A taste of Arabia

The easy-to-cook range has been expertly created by our in-house chefs. With sustainably sourced meat that's free from added hormones, it's the delicious, convenient choice for iftar.

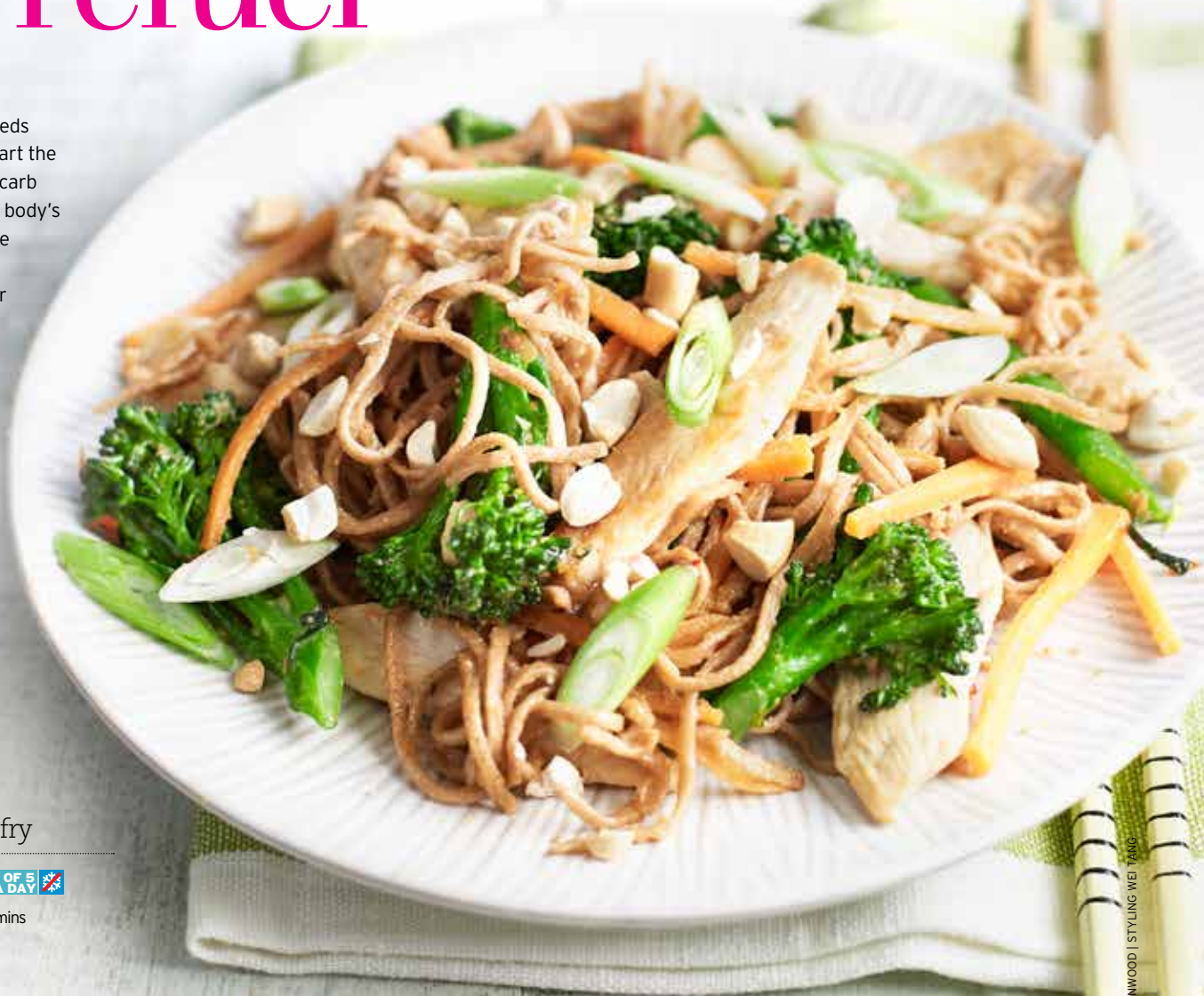


Food to help you refuel

On the table in 20 minutes, this high-carb, protein-packed dish makes a great meal after exercise

Recipe Sophie Godwin Photograph Will Heap

After exercise, your body needs essential nutrients to kick-start the recovery process. This high-carb meal helps to replenish your body's depleted energy stores, while the lean protein from the chicken assists muscle repair and recovery. Plus, the salt in the soy sauce will help to stimulate thirst, encouraging you to drink more water to replace the fluids lost through sweat. Ideally, you should eat within 30 minutes of finishing your run or fitness class – and this speedy dish makes that easy to do!



Cashew chicken stir-fry

EASY **FOLATE** **FIBRE** **VIT C** **IRON** **1 OF 5 A DAY**

SERVES 2 **PREP** 10 mins **COOK** 10 mins

100g cashew butter
2 tbsp low-sodium soy sauce
2 wholewheat egg noodle nests
1 tbsp vegetable oil
2 garlic cloves, finely chopped
1 red chilli, finely chopped (deseeded if you don't like it too hot)
2 chicken breasts, cut into 1cm-thick strips
120g thin-stemmed broccoli, halved
1 carrot, cut into matchsticks
20g unsalted cashew nuts, roughly chopped
4 spring onions, sliced on the diagonal

1 In a small bowl, mix together the cashew butter with the soy sauce and 100ml water. Set aside.

2 Cook the noodles following pack instructions for just cooked, then drain and refresh in a bowl of cold water until needed.

3 Heat the oil in a wok or large frying pan over a medium-high heat. Add the garlic and chilli, and fry for 2 mins until softened and aromatic.

4 Add the chicken and broccoli to the

wok. Fry, stirring frequently, for 5-6 mins until both are tender. Drain the noodles and add them to the wok along with the carrot. Toss everything together well with a pair of tongs so that the noodles are heated through. Take the pan off the heat and stir through the cashew sauce.

5 Serve immediately, topped with the cashew nuts and spring onions.

PER SERVING 796 kJ • fat 38g • saturates 7g • carbs 58g • sugars 8g • fibre 9g • protein 51g • salt 2.1g



For more advice
on eating and
exercise, visit

**bbcgood
foodme.com**

MARINA HOME'S PROJECT REMAKE 2.0 RETURNS FOR ITS SECOND YEAR

The 2016 challenge returns on a bigger scale with four participating universities this year, each competing to take home the title '2016 Marina Design Star' and an all-expenses-paid three-month internship with industry pioneer Schwitzke Group in Germany

The 2016 'canvas' product



Zeina Khoury with her winning design from the 2015 edition



Through the platform, Marina Design Star, Marina Home Interiors reiterates that they are responsible for the betterment of the community as much as they are to their customers. Today, the Marina Home name is synonymous with quality, creativity and a strong aspirational proposition, but at the same time, they are embarking on a journey to nurture homegrown talent and mentor young designers across the region to actualise their professional dreams.

Conceptualised as a series of competitions, Marina Design Star platform celebrates young creative minds, providing them with an invaluable opportunity to showcase their talents, and gain an entry into the exciting world of design.

Marina Home has launched its second edition - Project REMAKE 2.0, which invites senior university design students to showcase their individual talent for a chance to win an once-in-a-lifetime internship to help kick-start their careers.

This year, Marina Home is partnering with four universities, whose senior design students will compete for the coveted title of '2016 Marina Design Star' by re-imagining and re-constructing the *Canvas Product*; one of Marina Home's

signature pieces. It is a reclaimed wood and metal side table which provides contenders the convenience of detachable raw materials to reinvent with their individual vision over 10-days at the start of this month.

A distinguished panel of judges, including Karl Schwitzke, Founder of Schwitzke & Partner, Maryam Al Suwaidi and Sulaiman Al Thehli, Tarik Al Zaharna, Maliha Nishat, and Manuel Arnaut will whittle the entries down to a shortlist of 10 finalists, whose designs will then go to a public online vote after the summer to arrive at the final winner.

The Top 10 installations will form an exhibit to an audience at the Commercial Interior Design Awards held at the Conrad Hotel Dubai on September 21st, 2016. The winner, who will be announced on September 27th, will be awarded a three-month long internship at industry pioneer Schwitzke Group's headquarters in Dusseldorf, Germany, an opportunity the 2015 Marina Design Star, Zeina Khoury (pictured) is about to embark on.

Sahar Vakil, Head of Brand Development at Marina Home, commented: "Project REMAKE was introduced as a program to nurture the immense design talent in our community, provide

them the recognition to push their boundaries, inspire them to pursue their passion through mentorship, and groom their individual ingenuity through training alongside the best in the industry; ultimately providing a springboard to advance their design careers."

"We are delighted that the success of the 2015 edition has led to more universities signing up for the 2016 challenge, offering more students the chance to win this internship with the forerunners of the design industry and giving their fledgling careers a significant boost placing them ahead of the curve, regionally and internationally."



For more information on Project REMAKE 2.0, visit marinaprojectremake.com and follow #MarinaProjectRemake to view the students busy at work, reinventing from June 7 onwards.

Available at Caffé Nero
throughout Ramadan

Caffé Nero

Celebrate the holy month of Ramadan by sharing quality time with your loved ones in the warm and welcoming surroundings of Caffé Nero, where you'll find an array of delicious delights, designed especially for the Middle Eastern region. From special lattes and a range of indulgent sweets and savory items that are perfect for sharing during Iftar – Caffé Nero offers a mouthwatering menu filled with treats galore and more!

Date frappe crème

Designed exclusively for Ramadan, this healthy and refreshing date frappe crème drink is an indulgent combination of dates, vanilla and milk blended with ice. Crowned with whipped cream and topped with date sauce, this drink is a must have to satisfy your sweet tooth as well as boost your energy during Ramadan.



Date hot chocolate



Just when you thought hot chocolate couldn't get any better – it did! Think of it as a warm, comforting hug in a mug, with a healthy, delicious twist. This version is sweetened with dates, making it healthier and just as yummy as the original. It will also give you the energy boost you need throughout the fasting hours.

Shawarma wrap



Wrap n Roll with Caffé Nero's Shawarma wrap! The traditional recipe is adapted to create a healthy option, rich in flavour. Experience unique, tasty combinations in every bite as tender spiced chicken strips layered with tangy garlic lemon sauce, french fries and finely sliced lettuce are draped in a high protein tortilla wrap to create a delicious Middle Eastern delight.

Falafel wrap



Are you a savoury kind of person? Don't miss out on this moist, vegetarian-friendly falafel wrap. Perfected with a slightly crunchy exterior coupled with hummous, mint sauce, finely sliced tomatoes and pickled cucumber tossed into a rich, high protein tortilla shell.

Date & pistachio slice



An incredibly mouthwatering slice of deliciousness, this is a sweet treat not to be missed out on. Just imagine the sweetness of a date, married with the nutty flavours of pistachio....

Date & pistachio cheesecake



Cheesecakes fans, rejoice! This one is for you. A brilliant combination of sticky date and cheesecake surrounded by caramel fudge sauce and topped with crushed pistachios.

Labneh & za'atar filled croissant



French meets Middle Eastern with this savoury snack. A french recipe with a levant touch. A flaky, buttery pastry filled with za'atar and labneh. Perfect for re-energising!

CAFFÉ NERO

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Healthy makeover

Chicken biryani

You won't believe it until you've tried it! This fragrant and satisfying biryani is just the dish if you want a no-fuss takeaway without the guilt



Get your
spice fix with
this simple,
comforting
Indian
classic

TIP

Traditionally, marinating the chicken in yoghurt and spices helps to tenderise the meat as well as flavour it. But by using less yoghurt - just enough to coat the meat and provide some richness - you'll get a succulent biryani.



Low-fat chicken biryani

EASY **LOW FAT** **LOW CAL** **1 OF 5 A DAY** **GOOD 4 YOU**

SERVES 5 **PREP** 25 mins plus marinating

COOK 1 hr 35 mins

3 garlic cloves, finely grated
2 tsp finely grated ginger
¼ tsp ground cinnamon
1 tsp turmeric
5 tbsp natural yoghurt
600g/1lb 5oz boneless, skinless chicken breasts, cut into 4-5cm pieces
2 tbsp semi-skimmed milk
good pinch saffron
4 medium onions
4 tbsp rapeseed oil
½ tsp hot chilli powder
1 cinnamon stick, broken in half
5 green cardamom pods, lightly bashed to split
3 cloves
1 tsp cumin seeds
280g/10oz basmati rice
700ml/1¼ pints chicken stock
1 tsp garam masala
handful chopped mint and coriander leaves

1 In a mixing bowl, stir together the garlic, ginger, cinnamon, turmeric and yoghurt with some pepper and 1 tsp salt. Tip in the chicken pieces and stir to coat (A). Cover and marinate in the fridge for about 1 hr or longer if you have time. Warm the milk to tepid, stir in the saffron and set aside.

2 Heat oven to 200C/180C fan. Slice each onion in half lengthways, reserve half and cut the other half into thin slices. Pour 1 tbsp of the oil onto a baking tray, scatter over the sliced onion, toss to coat, then spread out in a thin, even layer (B). Roast for 40-45 mins, stirring halfway, until golden.

3 When the chicken has marinated, thinly slice the reserved onion. Heat 1 tbsp oil in a large sauté or frying pan. Fry the onion for 4-5 mins until golden. Stir in the chicken, a spoonful at a time, frying until it is no longer opaque, before adding the next spoonful (this helps to prevent the yogurt from curdling). Once the last of the chicken has been added, stir-fry for a further 5 mins until everything looks juicy. Scrape any sticky bits off the bottom of the pan, stir in the chilli powder, then pour in 100ml water, cover and simmer on a low heat for 15 mins. Remove and set aside.

4 Cook the rice while the chicken simmers. Heat another 1 tbsp oil in a large sauté pan, then drop in the cinnamon, cardamom, cloves and cumin seeds. Fry briefly until their aroma is released. Tip in the rice and fry for 1 min, stirring constantly (C). Stir in the stock and bring to the boil. Lower the heat and simmer, covered, until all the stock has been absorbed. Remove from the heat and leave with the lid on for a few mins. Stir the garam masala into the remaining 1 tsp oil and set aside. When the onions are roasted, remove and reduce oven to 180C/160C fan.

5 Spoon half the chicken and its juices into an ovenproof dish, about 25 x 18 x 6cm, then scatter over a third of the roasted onions. Remove the whole spices from the rice, then layer half of the rice over the chicken and onions. Drizzle over the spiced oil. Spoon over the rest of the chicken and a third more onions. Top with the remaining rice (D) and drizzle over the saffron-infused milk. Scatter over the rest of the onions, cover tightly with foil and heat through in the oven for about 25 mins. Serve scattered with the mint and coriander.

PER SERVING 485 kcs • protein 40.1g • carbs 51.7g • fat 11.7g • saturates 1.5g • fibre 2.7g • sugar 7.1g • salt 0.6g

How we made it healthier

- By using rapeseed oil instead of butter or ghee to cut the saturated fat.
- Use skinless chicken breasts, instead of thighs, to reduce the fat.
- Use a good balance of spices and herbs to finish, so the need for salt is reduced.
- By roasting the onions instead of frying them, so they needed less oil.

The result

Per serving	Classic chicken biryani	Healthier version
kcs	674	485
fat	30.5g	11.7g
saturates	6.5g	1.5g
salt	2.0g	0.6g

COOLING ACCOMPANIMENT Tomato & cucumber raita

Toast ¼ tsp **cumin seeds** in a dry frying pan. Grind to a powder using a pestle and mortar. Tip 200g **low-fat yoghurt** into a bowl with 1 **medium tomato**, deseeded and diced, 50g **cucumber**, diced, and a small handful chopped **coriander**. Season with pepper and gently mix.

PER SERVING (5) 27 kcs • protein 2.2g • carbs 3.5g • fat 0.5g • saturates 0.3g • fibre 0.3g • sugars 3.5g • salt 0.1g

GET AHEAD

The whole dish can be made right up to covering it with foil in Step 5. It can then be chilled for up to 24 hours.

When reheating, allow 35-45 minutes for it to completely heat through.

Rice advice

Rice is a wonderful accompaniment or base for many one-pots, but with so many different shapes, textures and flavours, which variety should you choose? Here, we guide you through the range...

GROUND

This is generally made by grinding long-grain rice. Its main use is to add crunch to traditional shortbread, by mixing it in with the flour. In the same way, a tablespoon added to your pastry mix will give it a little extra crunch. You can find it in health-food shops – sometimes in a wholegrain version.

PUDDING

You can make a very acceptable rice pudding in half an hour by the risotto method – fry the risotto rice in a little butter, then stir in sweetened hot milk by the ladleful, stirring all the time. But, for the British classic, baked for a good two hours, you need short-grain pudding rice. Use half evaporated milk for extra flavour, add plenty of nutmeg, and stir well.

BROWN

This is wholegrain (unmilled) rice, and has more flavour and chew than white.

SUSHI

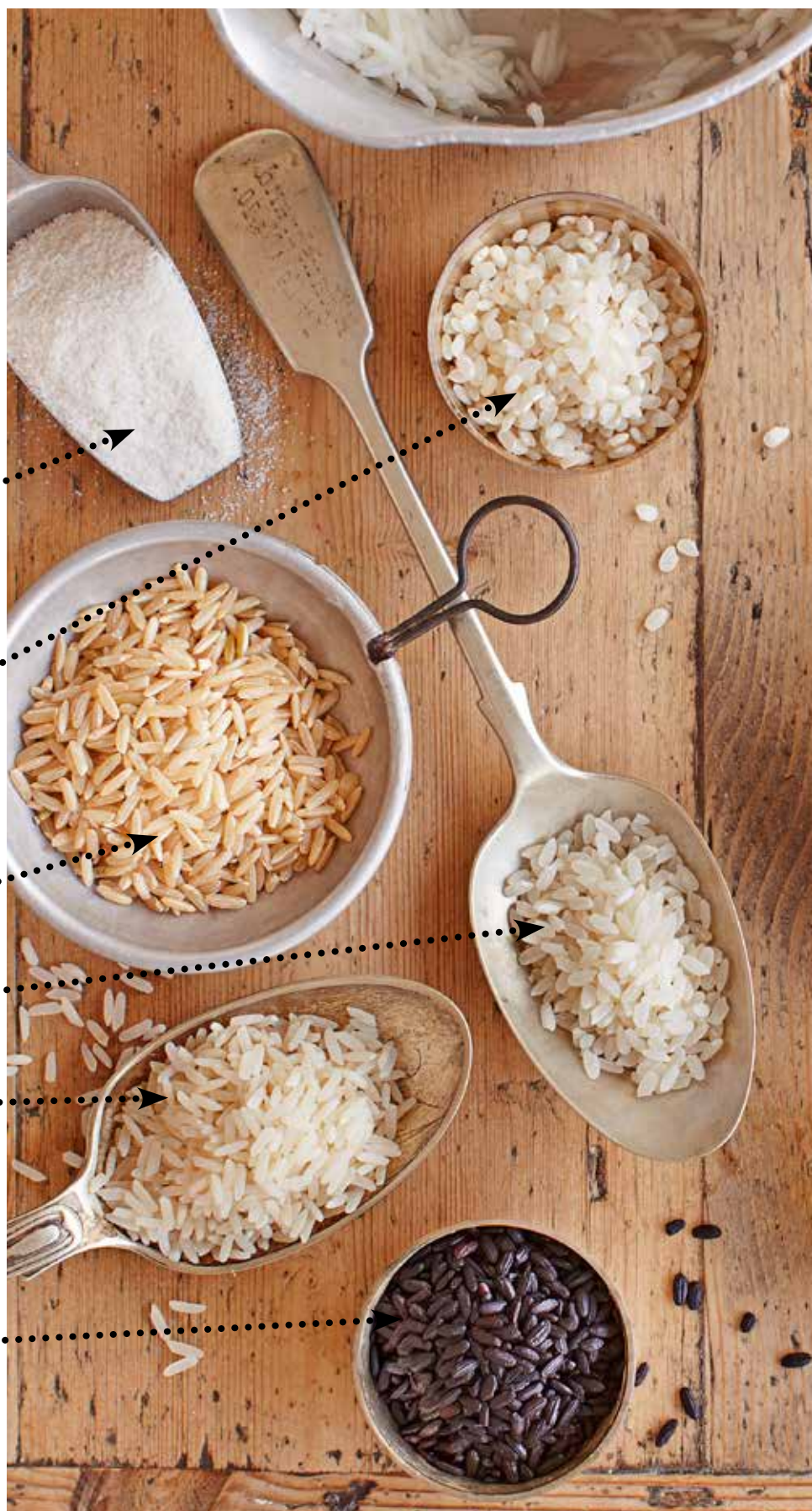
This short-grain rice is very sticky and, as its name suggests, has one particular use – to hold together the filling for sushi.

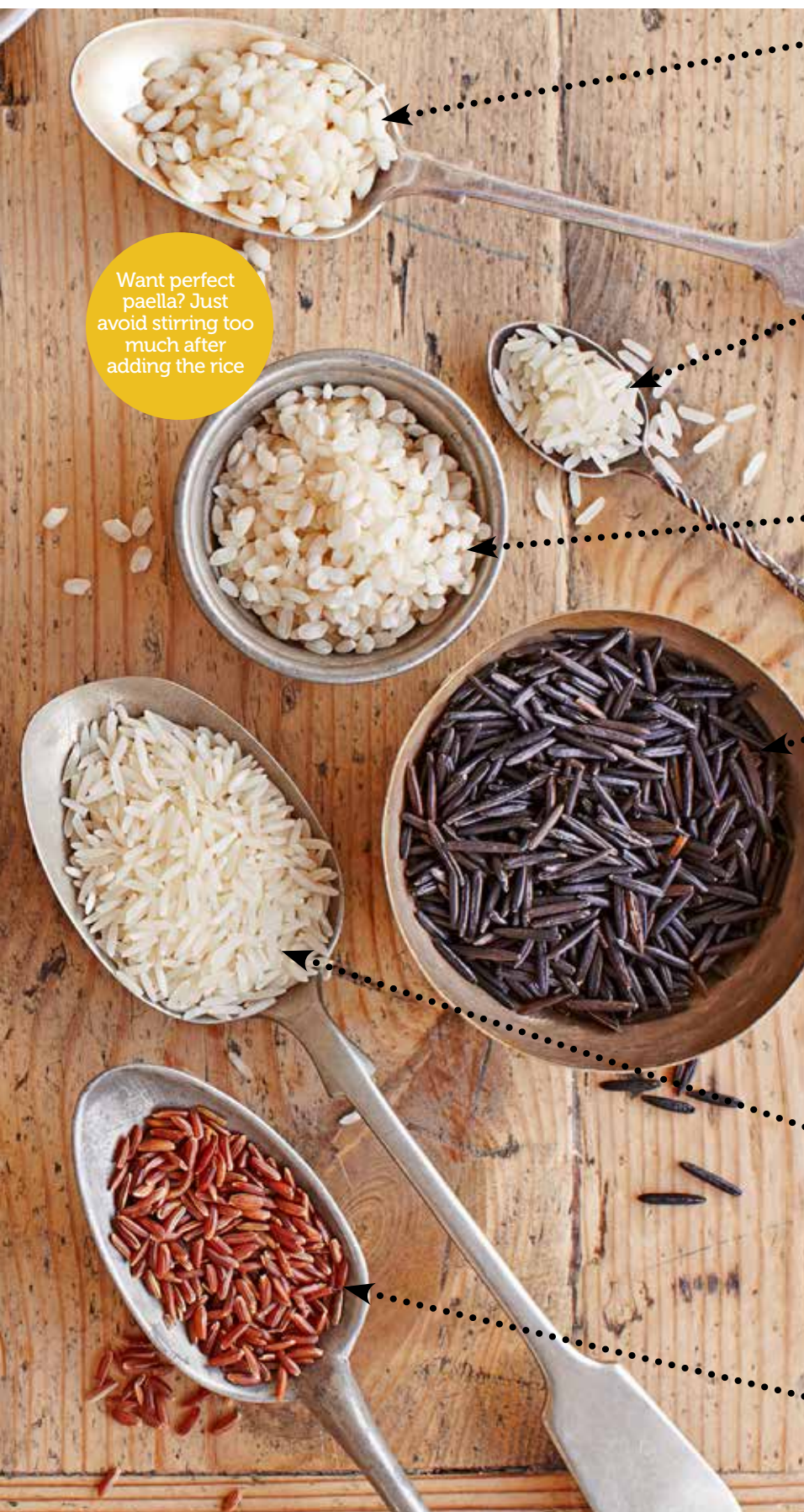
LONG-GRAIN

The classic all-occasion rice – bright white, delicate in flavour and a great accompaniment to other dishes. It can be cooked in many ways. For perfect fluffy rice, use the absorption method, adding 1½ parts of water to rice. Try adding a stock cube to a big pan of boiling water and simmer the rice until cooked but not soft (about 15 minutes). For a slightly nutty flavour, fry the rice in a little oil or butter for two minutes before adding boiling water or stock.

BLACK

This speciality rice – once known as ‘the forbidden rice of the Emperor’ – is now grown in Italy as well as China. It contains more antioxidants than other rice and, for that reason, has been hailed as a superfood. When cooked, it turns a reddish-purple colour and, although originally used in bread and to make puddings, can be used as an accompaniment to Asian dishes or to add interest to a rice salad.



**RISOTTO**

You can make a risotto with ordinary long-grain rice, but for the real thing – al dente with every grain oozing with flavour – choose authentic Italian risotto rice. The three principal varieties available in the UAE are Arborio, an excellent all-rounder; Carnaroli, a slightly shorter, stubbier grain, more resistant to overcooking than Arborio and reputed to produce a creamier risotto; and Vialone Nano (the favourite in the Venice region), a shorter grain, highly absorbent with a very creamy finish.

JASMINE

Also sold as 'fragrant rice' ('Hom Mali'), this is produced in Thailand and is the classic accompaniment to Thai and other South-east Asian dishes. It is so named because of its white colour rather than any floral fragrance; indeed, many find its attractive flavour reminds them faintly of popcorn. The grains are medium in length but slightly sticky – excellent for soaking up spicy sauces.

PAELLA

This short-grain rice (bomba from the Calasparra area of south-east Spain is considered the finest variety) absorbs the rich range of flavours in paella (saffron, chicken and seafood) without becoming mushy or collapsing. Three tips to achieve the perfect texture are: use your largest, widest frying pan (or, even better, invest in a paella pan); do not cover; stir as little as possible, just enough to prevent it from sticking.

WILD

Quite different from all other rice, this is the black grain of an aquatic grass cultivated in the US. It is expensive (more than five times the price of regular long-grain) on account of its rarity and the labour intensity of harvesting. The seeds are long and thin, and during cooking (which takes about 50 minutes to an hour) some of them split open to reveal a grey centre.

It has a distinct flavour that can be described as herby, spicy or smoky, and is excellent as an accompaniment or a salad. In either case it benefits from generous seasoning or dressing, to bring out its bold character.

It can also be bought economically in rice mixes – however, because wild rice takes so much longer to cook than other rices, the grains do not tend to soften enough to yield up their full flavour. If you want to make it go further, better to cook it separately and mix with cooked long-grain.

BASMATI

This fragrant rice, known as the 'queen of rices', has been grown for centuries in northern India and Pakistan. It is delicate and fluffy, and is best cooked by the absorption method (1½ times water to rice by volume). Rinsing and soaking give a firmer, more separate grain – and will shorten the cooking time, so check the pack carefully. A good trick for super-fluffy basmati (this also works for long grain) is to cover the cooked rice in the pan with a towel or tea towel, then a lid, and leave for 10 minutes. The towel soaks up steam and eliminates stickiness.

RED

This speciality rice is grown in the Camargue region of southern France. It is a short-grain rice that cooks up to a brownish-red colour, with a chewy texture and hearty, nutty flavour. Like black rice, a salad of red rice is a delicious option.

*Less
than a third
of the fat!*



The Ultimate MAKEOVER Moussaka

Angela Nilsen transforms a classic hearty dish into one that still tastes rich – but becomes light and superhealthy

Photographs Stuart Ovenden

Think of a typical Greek dish and moussaka is probably top of the list – but food writer Rena Salaman says it is really an Arab dish. Despite that, the Greeks have claimed it as their own.

With its rich layers of meaty sauce, fried aubergine and cheesy béchamel sauce topping, there was much to lighten. Rena told me that 'unless the aubergine is fried, the moussaka doesn't taste nice', so keeping the richness would be paramount – but I wondered if this would be possible without frying and using lots of fat?

Seeking advice

Lamb mince is traditionally used for moussaka, but is very fatty. Nutrition expert Fiona Hunter suggested that I switch to beef, the leanest I could find. Using less mince and bulking it out with extra veg was another idea, along with grilling instead of frying the aubergine. 'When fried, aubergine soaks up olive oil like a sponge, so although it's absorbing good fat, it's still fat.'

Getting the balance of aubergine to meat was important, Rena told me. 'In restaurants in Greece, moussaka can be full of potato and very little aubergine. You could add some courgette, but to make it properly it has to be aubergine – and lots of it. Its melting texture goes so well with the mince.'

As for the topping, Rena told me that the idea of using béchamel originated in France. She thinks this may have ousted the traditional topping of yogurt, eggs and grated cheese that her Greek grandmother would have used, which sounded much simpler and lighter.

To the Test Kitchen

Initially I reduced the oil greatly by grilling the aubergine and, to add variety, some sliced courgette. I made a sauce using minced beef with 10 per cent fat, but it looked dry so I stirred in several spoonfuls of water. I built the dish up in several layers, then topped it with yoghurt, egg and Parmesan.

Once baked, it was watery when cut - the courgettes had disintegrated, the topping was too thin and the taste needed to be punchier and richer.

A fresh approach

To avoid adding more oil to enrich the mince, I poured in some wine instead and let the meat absorb its flavour. Adding carrots lightened the meat mix and, as I stirred in the tomatoes, extra spices and herbs, it already looked and tasted much richer.

I decided to ditch the courgettes and up the aubergines, but how could I make them 'melt-in-the-mouth' soft without frying them in lots of oil? Chef Alex Mackay achieves this by brushing the slices with oil and lemon juice, then baking them. So I sliced the aubergines lengthways, brushed them the way Alex does, and they emerged from the oven creamy, tasty and tender. I simplified the layering and topped it all off with the yogurt mixture, mixed with cornflour to stabilise and thicken.

The verdict

Wendy Doyle, Good Food's nutritionist, reported that the dish 'nearly' made the Superhealthy grade, so - without compromising on taste and texture - I made a few final tweaks, using mince with five per cent fat and switching from full-fat yogurt to two per cent. The dish was elevated to Superhealthy.

Tasters loved the light texture and slight tanginess of the topping and how the spicy meat and creamy aubergine layers complemented each other.



Superhealthy moussaka

EASY VIT C 3 OF 5 A DAY

SERVES 6 PREP 30 mins COOK 2 hrs 5 mins

- 2½ **tblsp olive oil**
- 1 **onion, chopped**
- 2 **plump garlic cloves, finely chopped**
- 2 **large carrots (350g total weight), diced**
- 450g/1lb 2oz **5% fat minced beef**
- 100ml/3½fl oz **white wine**
- 1 **tsp ground cinnamon, plus extra**
- ¼ **tsp ground allspice**
- 400g **can plum tomatoes**
- 2 **tblsp tomato purée**
- 1 **heaped tblsp chopped oregano leaves**
- 2 **good handfuls chopped flat-leaf parsley, plus extra to garnish**
- 3 **aubergines (about 750g total weight), ends trimmed**
- 1 **tblsp lemon juice**

FOR THE TOPPING

- 2 **eggs**
- 1 **tblsp cornflour**
- 300g **2% Greek yoghurt**
- 50g/2oz **Parmesan, grated**

TO SERVE

- halved cherry tomatoes and thinly sliced red onion and rocket salad**

MAKING IT HEALTHIER

A serving of classic moussaka contains 820 kcals, 58g fat (24g of which is sat fat) and 1.06g salt. My version contains 325 kcals, 15g fat (5g sat fat) and 0.65g salt. Here's how I did it:

- Used five per cent fat beef mince, bulked out mince with carrot, used minimum oil for frying meat. Reduced oil for frying aubergines by baking instead. Replaced a béchamel cheese sauce with a yogurt-based sauce.
- Reduced salt by omitting the traditional salting of the aubergine. Upped meat sauce flavour with extra spices, fresh herbs and wine.

1 Heat 1 **tblsp** oil in a large, wide sauté pan. Tip in the onion and garlic, then fry for 6-8 mins until turning golden. Add the carrots and fry for 2 mins more. Stir the meat into the pan, breaking it up as you stir. Cook and stir over a high heat until the meat is no longer pink. Pour in the wine and briefly cook until most of the liquid has evaporated. Stir in the cinnamon and allspice. Tip in the tomatoes, tomato purée and 1 **tblsp** water (mixed with any juices left in the can), then stir to break up the tomatoes. Season with some pepper, add all the oregano and half the parsley, cover, then simmer on a low heat for 50 mins, stirring occasionally. Season to taste. Mix in the remaining parsley. Can be done a day ahead and refrigerated overnight.

2 While the meat cooks (unless you are doing this a day ahead) prepare the aubergines. Heat oven to 200C/fan 180C/gas 6. Brush a little of the remaining oil onto 2 large baking sheets. Mix the rest of the oil with the lemon juice. Slice the aubergines into 1cm thick lengthways slices, then lay them on the oiled baking sheets. Brush with the oil and lemon mix, then season with pepper. Bake for 20-25 mins until soft, then set aside. Lower oven to 180C/fan 160C/gas 4.

3 Spread 2 big spoonfuls of the meat mixture on the bottom of an ovenproof dish (about 28 x 20 x 6cm deep). Lay the aubergine slices on top, slightly overlapping. Spoon the rest of the meat mixture on top. Beat the eggs in a bowl. Slacken the cornflour with a little of the yoghurt, stir in the rest of the yoghurt, then mix this into the eggs with half the cheese. Season with pepper. Pour and spread this over the meat to cover it. Sprinkle with the rest of the cheese, a little cinnamon and a grating of pepper. Bake for 50 mins-1 hr until bubbling and golden.

4 Leave moussaka to settle for 8-10 mins, then scatter over some chopped parsley and cut into squares. Serve with a salad of tomato, red onion and rocket.

PER SERVING 325 kcals, protein 28g, carbs 19g, fat 15g, sat fat 5g, fibre 6g, sugar 14g, salt 0.65g



For more ultimate recipes, visit
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НАРМОБ

ENJOY
IT'S FROM
EUROPE



Moroccan spice

Try Sara Buenfeld's prepare-ahead menu, inspired by the exotic flavours of North Africa, for relaxed entertaining with wow factor

Photographs David Munns

MENU

SERVES 6

• MAIN COURSE •

Broad bean & cumin dip with hot pitta

Spicy lamb kebabs

• SALADS •

Couscous & chickpea

Aubergine, lemon & pepper

Orange & radish with cinnamon

Beetroot & potato

• DESSERT •

Baked peaches with rose water

Fresh mint & yoghurt ice

Sweet almond biscuits

Moroccan mint tea





Couscous & chickpea salad

EASY V 10F 5 A DAY

SERVES 6 PREP 15 mins NO COOK

250g/9oz couscous

1 tbsp rose harissa

50g/2oz raisins

6 soft dried apricots, chopped

400g can chickpeas, rinsed and drained

3 tbsp lightly toasted pine nuts

juice 1 lemon

4 tbsp olive oil

Make up the couscous according to pack instructions, adding the harissa, raisins and apricots with the recommended amount of water. Toss in the remaining ingredients. Cover until ready to serve or keep in the fridge overnight.

PER SERVING 289 calories • protein 7g • carbohydrate 38g • fat 13g, saturated fat 2g • fibre 3g • sugar 10g • salt 0.29g



Orange & radish salad with cinnamon

When you look at the ingredients, apart from the radishes, this seems more like a dessert, but these flavours are delicious with the spicy lamb and salads.

EASY V 10F 5 A DAY FAT FREE

SERVES 6 PREP 25 mins NO COOK

3 medium oranges

half bunch breakfast radishes, trimmed and thickly sliced or halved

3 tbsp lemon juice

few drops orange flower water (optional)

1 tbsp icing sugar

1/4 tsp ground cinnamon

Cut the peel and pith away from the oranges, then slice and arrange on a platter. Scatter over the radishes and pour over the lemon juice and flower water, if using.

Chill until ready to serve. *This can be prepared in the morning and kept chilled. Dredge with the icing sugar and cinnamon before serving.*

PER SERVING 41 calories • protein 1g • carbohydrate 10g • fat none • saturated fat none • fibre 2g • sugar 10g • salt 0.02g



Broad bean & cumin dip with hot pitta

This makes a refreshing change to hummous, although it's quite similar. Serve it as a casual starter with bowls of olives, or put on the table with the salads to eat with the main course.

EASY V 10F 5 A DAY LOW FAT

SERVES 6 PREP 10 mins COOK 5 mins

500g/1lb 2oz frozen broad beans

1 tsp ground cumin

4 tbsp olive oil

juice 1 lemon

2 tbsp chopped mint (optional)

pack pitta bread, to serve

Boil the beans in salted water for about 5 mins, then drain, reserving some of the water. Whizz in a food processor with all the remaining ingredients and season to taste, adding some of the reserved cooking water to get a dipping consistency. Chill until ready to serve. Can be stored in the fridge overnight. Bring back to room temperature and serve with barbecued or toasted pitta.

PER SERVING 118 calories • protein 5g • carbohydrate 6g • fat 8g • saturated fat 1g • fibre 5g • sugar 1g • salt 0.01g



Beetroot & potato salad

EASY V 10F 5 A DAY FOLIC ACID

SERVES 6 PREP 20 mins COOK 15 mins

500g pack new potatoes

4 tbsp olive oil

1 tbsp white vinegar

2 garlic cloves, chopped

1 red onion, finely chopped

2 x 250g packs cooked beetroot, diced

20g pack coriander, chopped

1 Boil the potatoes in salted water until tender, about 15 mins, then chop when cool enough to handle. You can take off the skins or leave them on - the choice is yours.

2 Meanwhile, mix the oil, vinegar, garlic and onion with the beetroot. Toss in the potatoes and coriander. This can be made a day ahead, but if you do, add the coriander just before serving.

PER SERVING 171 calories • protein 4g • carbohydrate 23g • fat 8g • saturated fat 1g • fibre 3g • sugar 9g • salt 0.26g

Aubergine, lemon & pepper salad

The mint and lemon really give this a fresh, lively flavour.

EASY V VIT C 3 OF 5 A DAY LOW FAT

SERVES 6 PREP 15 mins COOK 30 mins

2 aubergines, diced
1 red onion, chopped
6 garlic cloves, kept whole
2 red peppers, deseeded and chopped
4 tbsp olive oil
4 vine tomatoes, chopped
grated zest and juice 1 lemon
4 tbsp chopped mint
100g/4oz black olives

1 Heat oven to 220C/fan 190C/gas 7. Toss the aubergines, onion, garlic and peppers together with the oil, then roast for 30 mins until the vegetables are tender. Tip into a bowl. This can be done a day ahead.

2 Add the tomatoes, lemon zest and juice, then season. Stir in the mint and olives. *This will keep in the fridge for a few hrs, but bring to room temperature before serving.*

PER SERVING 145 kcalories • protein 3g • carbohydrate 10g • fat 11g • saturated fat 1g • fibre 4g • sugar 8g • salt 0.28g



Spicy lamb kebabs

I prefer to buy thick lamb steaks, then cube them, rather than fiddling about with a whole leg of lamb. Marinate these a day ahead so the spices can really penetrate the meat and tenderise it. If eating outside, barbecue for the best flavour.

EASY ❄️ before cooking

SERVES 6 **PREP** 20 mins plus marinating **COOK** 7-10 mins

6 thick, lean lamb steaks, cut into chunks

FOR THE MARINADE

4 garlic cloves, crushed

4 tbsp olive oil

1 tbsp ground coriander

2 tsp cumin

1 tsp paprika

3 tbsp chopped parsley

3 tbsp lemon juice

1 Mix all the marinade ingredients until well blended.

Toss in the lamb, then thread onto the end of 12 skewers. Cover well and chill until ready to cook.

2 Barbecue or grill for 7-10 mins, turning frequently, until cooked but still a little pink in the centre.

PER SERVING 257 calories • protein 33g • carbohydrate none • fat 14g • saturated fat 6g • fibre none • sugar none • salt 0.29g





Sweet almond biscuits

EASY V ❄️

MAKES 12 **PREP** 15 mins **COOK** 15 mins

1 egg
100g/4oz icing sugar, plus extra for shaping
1 tsp baking powder
200g pack ground almonds
½ tsp rose water
12 blanched almonds

1 Heat oven to 180C/fan 160C/gas 4. Mix all the ingredients except the blanched almonds to make a thick paste. Roll into balls, flatten slightly in icing sugar so they are generously coated, then top with an almond.

2 Bake on a baking tray for 15 mins until firm and pale golden. Cool on a wire rack.

PER BISCUIT 149 kcalories • protein 4g • carbohydrate 10g • fat 10g • saturated fat 1g • fibre 1g • sugar 9g • salt 0.15g

HOW TO MAKE MOROCCAN MINT TEA

Tip 3 tsp green tea leaves into a teapot, add 3 tbsp caster sugar and a large handful mint sprigs. Top up with boiling water; leave to infuse for 5 mins. Pour into glasses with extra mint, if you like. It's sweetened in the pot traditionally, but omit sugar if you prefer.



Feel inspired to cook more
Moroccan recipes?
bbcgoodfoodme.com

Baked peaches with rose water

If you're using a large dish, the orange juice will evaporate too quickly, so add the juice from two oranges instead of one.

EASY V ❄️ 1 OF 5 A DAY FAT FREE

SERVES 6 **PREP** 10 mins **COOK** 20 mins

6 ripe peaches, halved and stoned
juice 1 large orange
2 tbsp rose water
100g/4oz caster sugar
2 cinnamon sticks, broken

1 Heat oven to 220C/fan 200C/gas 7. Arrange the peaches cut-side-up in a large, shallow heatproof dish so they fit quite snugly. Mix together the orange juice and rose water, pour over the peaches, then scatter generously with the sugar.

2 Add the cinnamon and bake for 20 mins, until the peaches are tender. Alternatively, wrap the peaches in a big foil parcel and cook on the BBQ. Serve warm or chilled with the Fresh mint & yogurt ice (right) or bought vanilla ice cream.

PER SERVING 106 kcalories • protein 1g • carbohydrate 27g • fat none • saturated fat none • fibre 2g • sugar 27g • salt 0.01g

Fresh mint & yogurt ice

This is so easy if you have an ice-cream machine and, as it is less creamy than traditional ice cream, it's more refreshing.

EASY V ❄️

SERVES 6 **PREP** 15 mins plus freezing **NO COOK**

25g pack mint, leaves only
100g/4oz caster sugar
500g tub fresh vanilla custard
500g tub Greek yoghurt

1 Whizz the mint leaves and sugar together in a food processor until really finely chopped, then tip into an ice-cream machine with the custard and yoghurt.

2 Churn until frozen, then tip into a plastic container and freeze until needed. If you don't have an ice-cream machine, mix everything together and tip into a plastic container and freeze. When partially frozen round the edges of the container, beat really well, then return to the freezer.

When partially frozen again, beat really well and freeze until needed.

PER SERVING 260 kcalories • protein 8g • carbohydrate 32g • fat 13g • saturated fat 8g • fibre none • sugar 29g • salt 0.26g

STAYING HEALTHY THIS RAMADAN

During Ramadan's long fasting hours, it's easy to fall into bad eating habits and routines. To help you maintain a healthy eating regime this month, clinical dietician Dr. Anita Gupta, and Dr. Anna Burattin who is a consultant for endocrinology and metabolic diseases from Burjeel Hospital Abu Dhabi, lend some advice to help you stay on track!

Changes in your eating and sleeping habits

can put the body under stress. Plan your schedule and meals ahead of time in order to make sure you get the necessary nutrients, hydration, and rest that your body needs.



Different coloured vegetables and fruits

will provide you with the phytonutrients and antioxidants necessary for your body's protection against certain diseases, consume at least two servings during Iftar or Suhoor.

Break your fast with dates and either milk or water. Continue with a light starter such as soup and crackers or a handful of oats. After a long period of fasting, you need to bring your fluids and blood sugar level up without overdoing it.



Wash your hands regularly. This is important to prevent the spread of viruses (such as seasonal flu and H1N1) and bacteria, which may cause illness.



Fasting can often increase gastric acidity levels,

leading to heaviness in the stomach, a burning sensation or a sour mouth. To avoid this, eat foods rich in fibre such as whole wheat bread or cereals with milk, beans, hommous, vegetables and fruit for Suhoor.



Consume foods that are rich in complex carbohydrates and protein, fruits or vegetables, and plenty of water. For example: an egg on whole-grain toast, a few crackers with peanut butter, some orange slices, and two glasses of water. Take care to include mineral rich foods such as banana, raisins, cheese, yoghurt, beans, spinach etc. in your diet.



Serve a dessert of fresh fruit and nuts, instead of fatty chocolates and sweets.



Take part in light exercise, such as walking for 15-20 minutes during the evening hours.

During the early evening, have a healthy and balanced dinner that contains items from each of the food groups: bread/cereals, fish/chicken/meat, vegetables, fruits and dairy products. Eat your meals slowly.

Do not overeat, and be sure to drink a few more glasses of fluids. Water flushes out toxins from our body and prevents dehydration. Sip on water throughout the evening. Aim for 8 glasses by bedtime.



Avoid fried and spicy foods as they may cause heartburn or indigestion and salty food too, as this can make you feel thirsty during long hours of fasting.



Crumbs
CAFÉ

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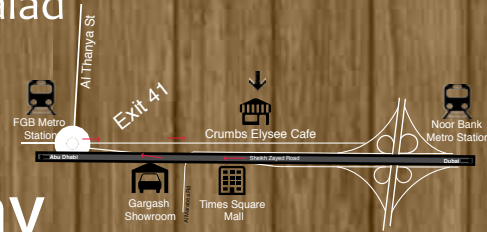
- . Chicken Burger Sandwich
- . Grilled Veg. Sandwich
- . Falafel with Halumi Wrap
- . Chicken Wrap
- . Philly Steak Sandwich
- . Grilled Cheese Sandwich
- . Tabbouleh
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A rustic wooden table setting featuring a roasted chicken, a bowl of orzo salad, and a fork and knife. The chicken is golden brown and seasoned, with fresh herbs garnishing it. The orzo salad is a mix of small rice-like grains, olives, and vegetables, served in a wooden bowl. A fork and knife with light-colored handles are placed to the right of the bowl. The background is a dark, textured wooden surface.

Ramadan delights!

FOODS for the SOUL

Revive yourself with soul food after a long day of fasting! Get happy with these hearty dinners

Lebanese poussin with spiced
aubergine pilaf

SERVES 2 PREP 15 mins COOK 45 mins

1 aubergine, roughly diced
 1 tbsp olive oil, plus a bit extra
 2 small poussins
 1/4 tsp allspice, plus 2 good pinches
 2 bay leaves
 1 onion, halved and thinly sliced
 100g/4oz basmati rice
 2 tbsp pine nuts
 1/2 tsp ground cinnamon
 good pinch of ground cloves
 200ml/7fl oz hot chicken stock (or gluten-free alternative)
 2 tbsp currants
 1 large tomato, chopped
 1 tbsp each chopped mint and dill, plus a few leaves and sprigs to serve
 2 tbsp pomegranate molasses
 sumac, for sprinkling
 (we used Bart)

1 Heat oven to 200C/180C fan/gas 4. Toss the aubergine in 1 tbsp of the oil until well coated. Pour into a large roasting tin, then push to the sides of the tin to make a space for the poussins. Rub some oil onto the skin of the poussins, sprinkle with the pinches of allspice, salt and lots of black pepper, pop a bay leaf inside each bird, then roast for 35 mins. (Leave to cook for about 10 mins before you start the pilaf.)

2 To make the pilaf, heat the remaining oil in a medium pan and fry the onion for 5-8 mins until golden. Tip in the rice and pine nuts, stir for about 1 min, then add the spices, including the 1/4 tsp allspice. Pour in the stock, stir in the currants, then cover the pan and cook for 7 mins.

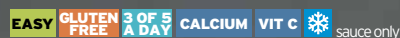
3 Take the lid off the pan, add the tomato, mint and dill, then cover and cook 2-3 mins more until the stock has been absorbed and the rice is tender. Set aside, covered, to keep warm.

4 Meanwhile, once the poussins have had their 35 mins, drizzle the pomegranate molasses over them and return them to the oven for 10 mins more until they and the aubergines are tender.

5 Set the poussins aside to rest for a few mins while you toss the aubergine into the pilaf. Serve the poussins whole, or portion and serve on top of the pilaf. Scatter with the dill and mint leaves, and sprinkle with a little sumac, if you like.

PER SERVING 908 kcals • fat 42g • saturates 9g • carbs 59g • sugars 20g
 • fibre 6g • protein 62g • salt 0.9g

Baked marrow amatriciana



SERVES 3 PREP 15 mins COOK 1 hr 15 mins

1 marrow, cut into 6cm/2 1/2 in thick slices
 125g ball mozzarella, grated

FOR THE AMATRICIANA SAUCE

2 tbsp olive oil
 150g pack beef bacon
 1 large onion, chopped
 2 garlic cloves, chopped
 large sprig thyme
 1 bay leaf
 sprinkle golden caster sugar
 2-3 tbsp red vinegar
 2 x 400g cans chopped tomatoes
 pinch dried chilli flakes

1 For the sauce, heat half the oil in a pan and sizzle the beef bacon for 5 mins, until just starting to crisp. Add the onion, garlic, thyme, bay and sugar, and cook until the onions are golden. Splash in the vinegar, sizzle for a moment then tip in the tomatoes. Season with chilli and a pinch of salt and simmer for 30 mins until rich and thick.

2 Meanwhile, heat oven to 200C/180C fan. Scoop out the middle of the marrow, leaving a little in the bottom to form a base. The flesh can be discarded. Drizzle a baking dish with oil, add the marrow and roast for 30 mins.

3 Spoon the sauce into the middle of each marrow slice, cover with foil and bake for 30 mins. Remove the foil, scatter over the mozzarella and return to the oven for 10 mins until the cheese has melted and the marrow is tender.

PER SERVING 474 kcals • fat 32g • saturates 13g • carbs 18g •
 sugars 16g • fibre 4g • protein 22g • salt 2.2g



Crispy
and creamy
healthy pies



Chicken & leek filo pots

EASY 3 OF 5 A DAY 4 GOOD YOU FIBRE VIT C

SERVES 2 PREP 15 mins COOK 40 mins

- 1 large sweet potato, cut into chips
- 4 tsp olive oil
- 2 chicken breasts, chopped into bite-size chunks
- 1 leek, finely sliced
- 1 carrot, chopped
- 225ml/8fl oz low-sodium chicken stock
- 2 tsp wholegrain mustard
- 85g/3oz light soft cheese
- 2 tbsp chopped tarragon leaves
- 2 sheets filo pastry

1 Heat oven to 200C/180C fan/gas 6. In a roasting tray, toss the sweet potatoes with 2 tsp of the oil and some seasoning. Cook for 30-40 mins, until golden and crisp. Heat 1 tsp oil in a medium frying pan. Fry the chicken until browned and set aside. Add the leek and a splash of water, and gently fry until soft, about 7 mins. Add the carrot and cook for 3 mins. Pour in the stock and boil until reduced by half, then add the mustard and soft cheese, stirring well. Add the chicken, tarragon and some seasoning.

2 Divide between 2 small ovenproof dishes. Take the filo sheets and scrunch them up. Top each pie with a sheet and brush with remaining 1 tsp oil. Bake the pies and chips for 15 mins, until golden.

PER SERVING 538 kcals • fat 17g • saturates 5g • carbs 55g • sugars 15g • fibre 7g • protein 43g • salt 1.40g



Easiest ever paella

EASY LOW FAT IRON

SERVES 4 PREP 5 mins COOK 25 mins

- 1 tbsp olive oil
- 1 leek or onion, sliced
- 110g pack chorizo sausage, chopped
- 1 tsp turmeric
- 300g/10oz long grain rice
- 1 litre/1¾ pints hot fish or chicken stock
- 200g/8oz frozen peas
- 400g bag frozen seafood mix, defrosted

1 Heat the oil in a deep frying pan, then soften the leek for 5 mins without browning. Add the chorizo and fry until it releases its oils. Stir in the turmeric and rice until coated by the oils, then pour in the stock. Bring to the boil, then simmer for 15 mins, stirring occasionally.

2 Tip in the peas and cook for 5 mins, then stir in the seafood to heat through for a final 1-2 mins cooking or until rice is cooked. Check for seasoning and serve immediately.

PER SERVING 518 kcals • fat 12g • saturates 4g • carbs 75g • sugars 5g • fibre 5g • protein 32g • salt 1.29g



Spanish meatball & butter bean stew

EASY GLUTEN FREE LOW CAL 4 OF 5 A DAY FIBRE VIT C IRON

SERVES 3 PREP 15 mins COOK 35 mins

- 350g/12oz lean beef mince
- 2 tsp olive oil
- 1 large red onion, chopped
- 2 peppers, sliced, any colour will do
- 3 garlic cloves, crushed
- 1 tbsp sweet smoked paprika
- 2 x 400g cans chopped tomatoes
- 400g can butter beans, drained
- 2 tsp golden caster sugar
- small bunch parsley, chopped crusty bread (or gluten-free alternative), to serve

1 Season the beef, working the seasoning in with your hands, then shape into small meatballs. Heat the oil in a large pan, add the meatballs and cook for 5 mins, until golden brown all over. Push to one side of the pan and add the onion and peppers. Cook for a further 5 mins, stirring now and then, until the veg has softened, then stir in the garlic and paprika. Stir everything around in the pan for 1 min, then add the tomatoes. Cover with a lid and simmer for 10 mins.

2 Uncover, stir in the beans, the sugar and some seasoning, then simmer for a further 10 mins, uncovered. Just before serving, stir in the parsley. Serve with crusty bread for dunking.

PER SERVING 435 kcals • fat 15g • saturates 5g • carbs 35g • sugars 22g • fibre 12g • protein 33g • salt 1.3g

Tip

This dish will sit happily in the pot, which is ideal for families eating at different times. It can be reheated and eaten as it is for a light supper, or served with crusty bread if you want something a bit more substantial.

Curried lentil, parsnip
& apple soupEASY **V** **LOW FAT** **2 OF 5 A DAY** **GOOD 4 YOU** **FIBRE**

SERVES 6-8 PREP 20 mins COOK 40 mins

2 tbsp sunflower oil
3 tbsp medium curry paste (check the label for vegetarian)
2 medium onions, roughly chopped
500g/1lb 2oz parsnips (5 medium), peeled and cut into chunks
140g/5oz dried red lentils
2 Bramley apples (about 400g/14oz), peeled, cored and cut into chunks
1.5 litres/2³/₄ pints vegetable or chicken stock
natural yoghurt and chopped coriander, to serve (optional)

1 Heat the oil in a large saucepan. Fry the curry paste and onions together over a medium heat for 3 mins, stirring. Add the parsnips, lentils and apple pieces. Pour over the stock and bring to a simmer. Reduce the heat slightly and cook for 30 mins, stirring occasionally, until the parsnips are soft and the lentils mushy.

2 Remove from the heat and blitz with a stick blender until smooth (or leave to cool for a few mins, then blend in a food processor). Adjust the seasoning to taste. Heat through gently, then ladle into deep bowls. Serve with natural yoghurt and garnish with fresh coriander.

PER SERVING (8) 204 kcal • fat 5g • saturates 1g • carbs 24g • sugars 10g • fibre 8g • protein 12g • salt 0.7g

A make-ahead
bowl of goodness



Chicken, kale & sprout stir-fry

EASY LOW FAT LOW CAL 2 OF 5 A DAY FOLATE VIT C

SERVES 2 PREP 10 mins COOK 20 mins

- 100g/4oz soba noodles
- 100g/4oz shredded curly kale
- 2 tsp sesame oil
- 2 lean chicken breasts, skin removed and sliced into thin strips
- 25g/1oz piece fresh ginger, peeled and sliced into matchsticks
- 1 red pepper, deseeded and sliced
- handful Brussels sprouts, quartered
- 1 tbsp low-sodium soy sauce
- 2 tbsp white vinegar
- zest and juice 1 lime

1 Cook the noodles following pack instructions, then drain and set aside. Meanwhile, heat a large wok or frying pan and add the kale along with a good splash of water and cook for 1-2 mins until wilted, with a little bite remaining, then cool under running water to keep the colour.

2 Add half the oil and cook the chicken strips until browned, then set aside. Heat the remaining oil. Fry the ginger, pepper and sprouts until softened. Return the chicken and kale and add the noodles.

3 Tip in the soy, vinegar and lime zest and juice along with enough water to create a sauce that clings to the ingredients. Serve immediately.

PER SERVING 381 kcal • protein 36g • carbs 50g • fat 6g • saturates 1g • fibre 5g • sugars 7g • salt 2.1g



Pearl barley, beef & leek casserole

EASY 2 OF 5 A DAY GOOD 4 YOU FIBRE IRON

SERVES 4 PREP 10 mins COOK 40-45 mins

- 1 tbsp olive oil
- 2 leeks, thickly sliced
- 2 garlic cloves, finely chopped
- 300g/11oz pearl barley
- 4 carrots, cubed
- 1 tbsp Dijon mustard, plus extra to serve
- 1 litre/1³/₄ pints chicken stock
- 300g/11oz Savoy cabbage, shredded
- 200g/7oz beef bacon, chopped into pieces

1 Heat a large pan over a medium heat. Add the oil and cook the leeks for a few mins. Add the garlic and cook for 1 min.

2 Add the pearl barley, carrots and mustard, then pour over the chicken stock. Season with black pepper and simmer for 20 mins, stirring. Add the cabbage and beef bacon, and cook for around 5-10 mins until cabbage is wilted and tender. Serve with extra Dijon mustard.

PER SERVING 589 kcal • fat 15g • saturates 3g • carbs 73g • sugars 11g • fibre 8g • protein 43g • salt 0.8g



Get 3 of your 5-a-day in one serving

Cauliflower, paneer & pea curry

EASY V LOW FAT 3 OF 5 A DAY GOOD 4 YOU FOLATE FIBRE VIT C

SERVES 4 PREP 10 mins COOK 45 mins

- 2 tbsp sunflower oil
- 225g pack paneer, cut into cubes
- 1 head of cauliflower, broken into small florets
- 2 onions, thickly sliced
- 2 garlic cloves, crushed
- 2 heaped tbsp tikka masala curry paste
- 500g carton passata
- 200g/7oz frozen peas
- small pack coriander, roughly chopped
- basmati rice or naan breads, raita or your favourite chutney, to serve

1 Heat 1 tbsp of sunflower oil in a large non-stick frying pan, add the cubed paneer and fry gently until crisp. Remove with a slotted spoon and set aside. Add the remaining oil and the cauliflower florets to the pan, and cook for 10 mins until browned. Add the onions, and a little more oil if needed, and cook for a further 5 mins until softened. Stir in the garlic and tikka masala curry paste, then pour in the passata and 250ml water, and season. Bring to a simmer, then cover and cook for about 18-20 mins, or until the cauliflower is just tender.

2 Add the frozen peas and crispy paneer to the pan and cook through for a further 5 mins. Stir through most of the chopped coriander and garnish with the rest. Serve with some basmati rice or naan bread, raita or your favourite chutney, if you like.

PER SERVING 321 kcal • fat 14g • saturates 4g • carbs 21g • sugars 15g • fibre 9g • protein 23g • salt 0.4g

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IN YOUR KITCHEN**

AND HE'S HOLDING A KNIFE.



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Persian food for friends

Entertain in style with these easy yet authentic dishes from
Sabrina Ghayour, chef and Persian food specialist

Photographs SAM STOWELL

PERSIAN MENU

To serve 6

Cucumber & mint yoghurt (Maast-o-Khiar)

*Shirazi salad (Chopped cucumber,
tomato & pomegranate)*

Persian aubergine & yoghurt (Maast-o-Bademjan)

Rich chicken & walnut stew (Khoreshteh Fesenjan)

Persian basmati rice

Lemonade

Carrot, pistachio & coconut cake



Sabrina Ghayour and her family left Iran when she was two, and settled in London. By her twenties, Sabrina realised that no one was going to pass on the secrets of Persian cooking, so she made it her mission to teach

herself. She is now a private chef, supper-club host, cookery teacher and food writer.

Iran, known as Persia until 1935, is home to one of the world's most ancient, continued civilisations that can be traced back to 2800 BC. The culture is a rich tapestry of history, literature, poetry and astronomy, and its culinary history and traditions have influenced the cuisines of many countries – from India to the Arab countries of the Middle East and North Africa. Wherever you see meat or poultry combined with fruits and nuts, this influence can be attributed to Persia.

For Persians, food should always be abundant – in quantity and variety. We're fun, quirky people who adore eating together. Generally, to cater for double the amount of people eating is perfectly normal. To under-cater is the worst form of embarrassment that could befall any host. Good hospitality is paramount and the guest is treated like royalty.

Rice is the focus of any Persian meal. No matter what you are eating, rice will always find its way to the table, whether served with a stew or as a separate dish with meat or chicken. "Khoresh" (stews) are the cornerstone of Persian cookery, and ingredients are adapted to the produce that is available in each region.

There aren't really courses with Persian dining. I will usually bring out the first three dishes and serve them with bread, but leave them on the table to be served alongside the chicken and rice.'



Shirazi salad (Chopped cucumber, tomato & pomegranate)

Taking its name from the city of Shiraz, this salad is a Persian staple. Refreshing yet simple, it's a firm favourite among Iranians – no big meal would be complete without it. It's not traditional, but I like to add pomegranate seeds as the sweet juicy bursts of the fruit give the salad a lovely dimension.



SERVES 6 PREP 10 mins NO COOK

1 cucumber, seeds removed and cut into small dice
6 ripe tomatoes, cut into small dice
1 large red onion, chopped
good-quality extra virgin olive oil
juice 1 lemon, plus slices to serve
2 heaped tsp ground sumac (optional)
200g/7oz fresh pomegranate seeds (optional)
mint leaves and chopped dill, to serve

1 Mix together the cucumber, tomatoes and red onion. Before serving, add a generous drizzle of olive oil. Season well, pour over the lemon juice and mix the ingredients well until the dressing is evenly distributed. Sprinkle over the sumac and pomegranate seeds, if using, then scatter over the herbs.

PER SERVING 28 kcal • protein 1g • carbs 4g • fat 1g • sat fat none • fibre 2g • sugar 4g • salt none



Persian aubergine & yoghurt (Maast-o-Bademjan)

Persians love aubergines, and this dish is always very popular. I've used yoghurt as it's easy to buy, but traditionally this recipe would use 'kashk' or whey – an almost cheese-like product that adds a creamy yet salty flavour to a dish. It's a wonderful ingredient and you can get it from specialist shops, although thick Greek yoghurt is a good substitute.



SERVES 6 PREP 10 mins COOK 45 mins

2 tbsp vegetable oil
2 onions, thinly sliced
4 large aubergines, peeled and chopped into 2.5cm chunks
5 tbsp Greek yoghurt
a little olive oil
handful mint leaves

1 Heat 1 tbsp oil in a large frying pan. Fry the onions until golden brown and crispy – this will take 15-20 mins. Remove, using a slotted spoon, to a plate lined with 2 sheets of kitchen paper.

2 Add the aubergines to the same pan, adding 1 tbsp more oil if needed, and fry until soft and cooked through – you may need to cook the aubergines in batches. Using a potato masher, mash the aubergines lightly until you break down the pieces and get a rustic texture.

3 Stir in most of the fried onions and mix well, then add 4 tbsp of the yoghurt. Mix everything together, allowing the yoghurt to cook into the aubergines. Season and transfer to a serving dish. Swirl through the remaining yoghurt, drizzle with a little oil, then top with the reserved onions and a scattering of mint leaves.

PER SERVING 110 kcal • protein 3g • carbs 8g • fat 7g • sat fat 2g • fibre 7g • sugar 7g • salt none

WANT TO GET AHEAD?

- The stew can be made up to two days ahead. Reheat it on the day, adding a splash of water if the sauce becomes too thick.
- The cake can be made up to two days ahead. Wrap in cling film or store in an airtight container.
- The Persian aubergine & yoghurt can be made the day before. Keep in the fridge, then bring to room temperature 1 hr before serving.
- The Cucumber & mint yogurt and Shirazi salad can both be made a few hours before serving.



Cucumber & mint yoghurt (Maast-o-Khiar)

India has raita, Greece has tzatziki and Turkey has cacik – Persians have a version, too! It has many variations: you can use cucumber, cooked spinach or even beetroot, and vary the content by adding rose petals, walnuts, golden raisins and fresh dill.

EASY **V** **10 OF 5 A DAY** **GLUTEN FREE**

SERVES 6 **PREP 20 mins** **NO COOK**

1 large cucumber
2 tsp dried mint
large handful golden raisins
500ml/18fl oz thick Greek yoghurt
drizzle of extra virgin olive oil
fresh mint leaves and rose petals, to serve (optional)

Wash and coarsely grate the cucumber into a mixing bowl, then squeeze the excess water out of the pulp and discard it (you can also do this using a sieve). Mix the cucumber with the dried mint, most of the raisins, the yoghurt and seasoning. Drizzle with oil and scatter with the remaining raisins, and mint leaves and rose petals if you like.

PER SERVING 138 kcals • protein 6g • carbs 8g • fat 9g • sat fat 6g • fibre 1g • sugar 8g • salt 0.1g



Lemonade

An easy and refreshing drink that I like to offer to my guests.

EASY **LOW FAT**

SERVES 6-8 **PREP 5 mins**
NO COOK

Put the juice of 6-8 lemons in a large jug, along with 2 large handfuls of mint leaves (or 4-6 full mint stalks). Tip in 200-250g sugar and top up with cold water and ice. Check for sweetness and adjust if needed.

PER SERVING 125 kcals • protein none • carbs 32g • fat none, sat fat none • fibre none • sugar 31g • salt none

Persian basmati rice

Persian rice is renowned for its perfectly steam-cooked, long and delicate separated grains. Nobody cooks rice in the same way as Persians and it can be a lengthy labour of love. But I have come up with a simplified version that delivers the same result, and beautifully so. The aroma of fragrant basmati rice permeates the air when you cook it, making dinner so much more inviting. We also love to crisp up the base of the rice (which we call 'tahdig') and serve that as part of the meal – it's the part people fight over!

EASY **V** **GLUTEN FREE**

SERVES 6 as an accompaniment **PREP 5 mins**
COOK 1 hr 45 mins

500g/1lb 2oz basmati rice
olive oil
generous knob of butter

1 Bring a large pan of water to the boil and add a generous handful of sea salt. Add the rice and allow to boil for 6-8 mins until half cooked – you will know it is par-boiled when the grains have softened and turned white.

2 Once par-boiled, drain and rinse immediately in a sieve under cold running water for a couple of mins until the rice is completely cool. Rinse out the pan and line the bottom with a circle of baking parchment (see tip, below).

Return to the heat and add a drizzle of olive oil, a generous knob of butter and 1 tbsp sea salt.

3 Scatter the rice onto the pan – don't pack it into the pan, you want the lightness of the falling rice to allow for steam to rise up. Wrap a tea towel around the lid for the pan, cover and cook on the lowest heat possible for 45 mins. (This timing is for a gas cooker – it may take up to double the time on an electric cooker.) To serve, either place a large serving dish over the pan and flip the rice onto the dish, or decant all the rice out of the pan and then scrape the crispy 'tahdig' off the bottom and serve on top of the rice.

PER SERVING 335 kcals • protein 6g • carbs 62g • fat 4g • sat fat 2g • fibre none • sugar none • salt 2.6g

Tip

Scrunch up the baking parchment before smoothing it out again to make it more malleable and easier to line the pan.

Rich chicken & walnut stew (Khoreshteh Fesenjan)

Khoreshteh means 'stew of' and this wonderful dish is a rich, glossy ragout of chicken, walnuts and pomegranate molasses, which is served simply with Persian basmati rice. I like using thigh meat as it retains its tenderness and flavour despite the cooking time, but the old Persian recipe uses duck or even tiny little lamb meatballs, which are all equally delicious.

My best advice would be to make this dish the day before. Persian stews (and indeed most stews) are usually best the day after they have been made, as the ingredients can stew properly as it cools down, giving a much fuller flavour.

EASY **FOLATE**

SERVES 6 **PREP 10 mins** **COOK 3½ hrs**

1 tbsp olive oil
8 chicken thighs, skin removed
1 large onion, chopped
1 tbsp plain flour
550g/1lb 4oz walnuts, finely ground in a food processor
300ml pomegranate molasses
pomegranate seeds, chopped walnuts and parsley, to serve

1 Heat the oil in a large frying pan on a medium-high heat. Season the chicken generously and brown on both sides – you may need to do this in batches. Remove the chicken and set aside.

Tip the onion into the pan and cook until softened and beginning to caramelise, for about 15 mins.

2 Meanwhile, heat another pan, add the flour and toast for a few secs until it turns a pale beige colour. Add the walnuts and cook, stirring often, for 5 mins – you won't need oil as the walnuts have a high fat content. Pour over 1.2 litres of cold water, mix well and bring to the boil. Cover with a lid and simmer for about 1 hr until thickened and a rich brown colour.

3 After 1 hr, add the pomegranate molasses, chicken and onion to the walnut sauce and combine. Pour in a little water (if needed) to cover the chicken, and simmer on a low heat for 2 hrs, stirring occasionally, to ensure the walnuts don't burn. The stew should look rich, dark and chocolatey. Top with pomegranate seeds, chopped walnuts and parsley, and serve with Persian basmati rice (left).

PER SERVING 991 kcals • protein 32g • carbs 12g • fat 78g • sat fat 11g • fibre 5g • sugar 8g, salt 2.7g



Tastes even
better made the
day before

Carrot, pistachio & coconut cake

Persians like to have fruit for dessert, with lots of tea and possibly a few bites of baklava or rose water and syrup-soaked fritters. We don't have cakes or puddings, but we do adore nuts. So this cake pays homage to Iran's love of nuts and makes a great (gluten-free) dessert after a Persian feast. Don't forget to serve it with tea! Black tea, no milk, of course.

EASY **GLUTEN FREE** 

SERVES 8-10 **PREP** 25 mins, plus 4 hrs cooling

COOK 1 hr

3 large eggs

200g/7oz golden caster sugar

2 tsp vanilla extract

200g/7oz ground almonds

100g/4oz desiccated coconut

2 tsp ground cinnamon

140g/5oz unsalted butter,
melted

2 large carrots, coarsely grated

100g/4oz pistachios, roughly chopped or
pulsed in a mini processor

icing sugar, for dusting

dried rose petals and ground pistachios
(optional)

TO SERVE

300ml/1/2 pt double cream

2 tbsp icing sugar

a few drops of rose water

1 Heat oven to 160C/140C fan/gas 3. Line the base and sides of a 24cm springform cake tin with baking parchment.

2 In a mixing bowl, beat the eggs, sugar and vanilla extract together. Add the ground almonds, coconut and cinnamon, and stir before adding the butter. Mix thoroughly, add the grated carrots and pistachios, then mix again until all ingredients are evenly combined. Pour the mixture into your cake tin and bake for 1 hr, checking at 40 mins to ensure it's cooking evenly.

3 Remove from the oven and allow

to cool for at least 4 hrs (or overnight), as the cake will be more moist. I keep the cake on a plate covered with cling film and it lasts all week.

4 Dust with a little icing sugar, then scatter with rose petals and pistachios, if you like. Just before serving, tip the cream, icing sugar and rose water into a large mixing bowl and whisk to soft peaks. Serve a dollop alongside each slice of cake.

PER SERVING 457 kcals • protein 9g • carbs 26g • fat 35g • sat. fat 15g • fibre 4g • sugar 25g • salt 0.1g

Leftovers will keep for up to a week – if they last that long!



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STAYING HYDRATED

With hydration identified as a one of the top health concerns during Ramadan, it's important to ensure your body is getting the fluids essential to keep you healthy as you fast. Failure to stay hydrated can lead to weakness, dizziness, severe migraines, nausea, confusion and other unwanted, dangerous symptoms. Follow these top tips to stay on track, says Sophie McCarrick

1 WATER ALL THE WAY!

Water is the most important fluid to consume during Ramadan - or any time for that matter. Around 60% of the body is made up of water, so if you dramatically reduce your intake it can seriously affect your organs and nerves from functioning properly. On average, men need to drink about three litres of water, while women need to consume about 2.2 litres a day.



2 SAY NO TO SUGARY JUICES

Many fruit juices are perceived as healthy, simply because the word 'fruit' is mentioned. But in reality a lot of them contain more sugar than unhealthy fizzy drinks. These beverages are fatty and do not hydrate the body at all. If you fancy something sweet, try squeezing juice from fresh fruit at home yourself.

3 STAY OUT OF THE SUN

A disadvantage of Ramadan in the Middle East means that there's the scorching hot sun to put up with. Limit your time in direct sunlight as much as possible to prevent further dehydration through sweating.



4 EAT FOODS WITH HIGH WATER CONTENT

To maximise fluid intake, opt for foods with high water content during Iftar and Suhoor. Items like tomatoes, lettuce, cucumbers, watermelon, apples and strawberries have high water content, and will help get the fluids that you need into your diet. Make a salad with them or a smoothie, or snack on them for dessert.



5 WAVE GOODBYE TO CAFFEINE

Beverages with caffeine such as tea, coffee, coca-cola and other soft drinks should be cut down on or avoided completely. The diuretic properties of caffeine can dehydrate the body even further - so although the drink might act as a great 'pick me up' for an hour or so, it will affect the body negatively as the day goes on.





HEALTHY LIVING THE **KIWI** WAY!

Kiwi is an exotic fruit that originated in China, with a fuzzy outer skin and juicy flesh. Rich in trace elements, minerals and vitamins, the kiwi quickly conquered the global market with its unique, exceptional sweet and sour taste!



Why introduce kiwi into our daily diet?

It is rich in vitamin C. Consumption of a single kiwifruit can cover the human organism's daily requirement in this vitamin. It is also an excellent source of vitamins A, E and B complex, and it contains potassium, phosphorus, and magnesium.

European kiwis conquer the global market!

European kiwi stands out for its quality, both in taste and in nutritional value, because it is harvested by hand. Kiwis are placed in suitable refrigerated storage areas within 24 hours from harvesting, thus guaranteeing that all of the fruit's nutrients are preserved.

European kiwis stand out and are sought after in many international markets, and are exported to over 51 countries in Europe, Africa, Asia and America.

How to enjoy kiwis

There are several different ways to incorporate kiwis into your daily diet:

- Serve your friends a refreshing fruit drink made with kiwi and melon.
- Make delicious and healthy kiwi-based smoothies.
- Enrich your breakfast by adding freshly cut slices of kiwi to yoghurt or to your cereal.
- Enjoy chocolate kiwis! Cut the kiwis in slices and dip them in melted chocolate. The taste is a revelation!
- Simply add kiwi to your favourite green salad.

So let your imagination run free and pleasantly surprise your friends and family, by using kiwi in various recipes. The results will amaze you!



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Cooking with **POMEGRANATES**

You see them in many Middle Eastern dishes around – they are tangy, juicy and delicious. If you've never really known what to do with them, try these recipes from Ghillie Basan

Photographs Peter Cassidy

POMEGRANATES
Native to Iran and Turkey, tangy, juicy pomegranates are now grown all over the Middle East, the Mediterranean and India. When choosing pomegranates, look for fruit that is taut with a shiny blush. You will either use only the seeds, or you may need pomegranate syrup – see Know-how, p46. To extract the seeds, cut the fruit into quarters, from the flower end to the stem, then pull back the skin to release the seeds. Peel off the white membrane and pop the seeds into a bowl. To extract the juice, halve the fruit around the middle and squeeze the halves on a lemon squeezer.



Jewelled rice

Delicious with roasted or grilled meats, this dish is also good served with roasted squash or pumpkin.

EASY  

SERVES 4 as a side dish PREP 25 mins COOK 20-30 mins

350g/12oz long grain rice, well rinsed

and drained

2 tbsp olive oil

small knob butter

pinch saffron strands

1 tsp coriander seeds

2 tbsp pine nuts

zest ½ orange

2 tbsp shelled pistachio nuts

seeds from 1 pomegranate

handful each basil, mint, and coriander

leaves, chopped

1 lemon, cut into wedges, to serve

1 Put the rice into a wide heavy-based pan and cover with just enough water to sit about 1cm above the grains. Season with salt, then bring the water to the boil, reduce the heat and simmer until all the water has been absorbed, about 10 mins. Turn off the heat,

cover the pan, and leave the rice to steam for 10 mins until it is cooked, but still has a bite to it.

2 In another large heavy-based pan, heat the oil with the butter. Stir in the saffron, coriander seeds and pine nuts. Cook for 1 min, then add the orange zest and pistachio nuts. Stir in the pomegranate seeds and tip in the rice. Mix well. Season to taste, then stir in the herbs. Put in a serving dish and serve with the lemon wedges.

PER SERVING 527 calories • protein 9g • carbohydrate 83g • fat 20g • saturated fat 5g • fibre 2g • added sugar none • salt 0.35g





Chicken casserole with pomegranate syrup

This tasty casserole can be cooked on the hob or in the oven, and also works with duck or rabbit.

EASY 

SERVES 4 PREP 15 mins COOK 30-40 mins

5 garlic cloves, chopped
1 red chilli, deseeded and chopped
2 tbsp plain flour
2 tsp ground turmeric
8 chicken thighs, skin on, bone in
2-3 tbsp olive oil
few sprigs thyme
2 red onions, roughly chopped
2-3 tbsp pomegranate syrup (see Know-how)
1 medium-sized sweet potato, peeled and cut into bite-sized pieces
410g can butter beans, rinsed and drained
300ml/½pt chicken stock
bunch flat-leaf parsley, coarsely chopped, to serve

KNOW-HOW

Pomegranate syrup is made by boiling the juice with sugar to form a dark sweet-sour syrup. Pomegranate syrup is a feature of some Arabic, Turkish and Iranian dishes, and is available in bottles from local shops or larger supermarkets. If you can't find it, use a good-quality balsamic vinegar instead.

1 Using a mortar and pestle or a small food processor, grind the garlic and chilli to a coarse paste, then set aside. Mix the flour and turmeric on a plate and roll the chicken in to coat, shaking off the excess. Heat the olive oil in a heavy-based frying pan and brown the chicken thighs for about 5 mins each side. Remove from the pan and set aside.

2 Add the garlic and chilli paste to the pan and cook until fragrant. Stir in the thyme and onions and cook for 5 mins or until the onions begin to soften. Pour in the pomegranate syrup. Stir, scraping the bottom of the pan to release any crusty bits. Add the sweet potato and butter beans, then pour in the stock.

3 Return the chicken thighs to the pan, making sure that they are almost submerged in the liquid, adding some water if necessary. Bring the liquid to the boil, reduce the heat, cover the pan and cook gently for about 30 mins, until the chicken is tender. Season to taste and sprinkle with the chopped parsley to serve.

PER SERVING 934 kcalories • protein 62g • carbohydrate 36g • fat 56g • saturated fat 16g • fibre 5g • added sugar 4g • salt 1.58g

MAKE IT SUPERHEALTHY

Using skinless, boneless chicken thighs reduces the saturated fat per portion to 11.5g.

Wintry fruit & nut compote

There's nothing better than a revitalising compote. Try it with yoghurt for breakfast or as a simple pud.

EASY  FOLIC ACID  VIT C

SERVES 4 PREP 15 mins COOK 10 mins

140g/5oz each dried stoned dates and apricots, halved

140g/5oz golden sultanas

100g/4oz blanched almonds

600ml/1pt orange juice

1 tbsp orange blossom water, optional

1 pomegranate, one half juiced, seeds from other half

2 tbsp clear honey

handful mint leaves, to serve

1 Put the dried fruit and almonds into a pan and cover with the orange juice, orange blossom water, if using, pomegranate juice and honey. Warm the mixture over a moderate heat for 10 mins until the dried fruit is soft, but not pulpy. Remove from the heat and allow to cool. Will keep in the fridge for up to 3 days.

2 Before serving, stir in the pomegranate seeds, and mint leaves if using. This tastes great either chilled or at room temperature with a dollop of thick yogurt, crème fraîche, or clotted cream.

PER SERVING 499 calories • protein 10g • carbohydrate 87g • fat 14g • saturated fat 1g • fibre 8g • added sugar none • salt 0.1g

HEALTHY BENEFITS

Pomegranates are low in fat and a good source of fibre and potassium. They also contain phytonutrients, which can help to reduce the risk of heart disease. Pomegranate juice is rich in antioxidants. Drinking just one glass a day can improve cholesterol levels and blood pressure. For more information, visit bbcgoodfoodme.com





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Delicious dates

Dried and fresh, sweet or rich, dark to light – there's much more to dates than meets the eye. Here, Sophie McCarrick finds out a little more about the popular Middle Eastern ingredient.

Dates are one of the oldest cultivated fruits - it's thought that they were a staple part of the Babylonian diet 8,000 years ago. Grown in North Africa and some parts of the Middle East - Saudi Arabia in particular, there are quite a few varieties. Colours range from honey yellow, red to brown, the last of which is the most common.

Available fresh or dried, they're very sweet, with a rich, deep flavour and a lush, slightly chewy texture. The mahogany brown Medjool variety is the sweetest, and tastes a little like toffee.

Choosing your dates

Fresh dates should be plump and moist with glossy skins. Dried dates, though a little wrinkly, shouldn't look emaciated, and should still be plump and glossy, with an even colour. They are sold whole, packaged in long narrow boxes, or pressed into blocks.

Preparing dates

Dried dates are ready to use straight away - just slice off from the block or pick as many of you need from the box, but you can also soak them in a liquid like tea, to boost flavour and moisture.

To remove the stone from a fresh date, just push it out with your fingers, or slit open lengthways, remove, and push the flesh closed again. To remove the skin, pull off the stem, then pinch at one end to push the flesh out.

Storing dates

Fresh dates will keep in an airtight container in the fridge for around a week. Dried dates stored in an airtight container in a cool, dark place will keep for up to a year.

Health benefits

It comes as a surprise to many, but dates are full with vitamins and minerals. Here are some health benefits that dates have:

- They contain natural sugars like sucrose, glucose and fructose, which are a great source of energy.
- Dates have lots of natural fibre, which does wonders for your digestive system. They are also low in simple carbohydrates, which can lead to obesity and diabetes.
- High in antioxidants, which means they are great for detoxing and neutralising your body.
- They help fight illness and disease. They are rich in vitamin A, which supports good vision; vitamin C, which strengthens your immune system; and B-complexes that help fight infections.
- Fresh and dried dates have the same health benefits, but the dried ones have more calories, so be aware when you're munching away.
- Packed with minerals such as potassium, which promotes a healthy nervous system, dates also have lots of iron, which is essential for blood formation. And just when you think they couldn't contain any more - they also have calcium for healthy bones and teeth, plus magnesium, which is good for your nerves, muscles and brainpower.



TRY THIS DATE RECIPE AT HOME!



Medjool date and pistachio fudge

You'll need a food processor to make these...

100g pistachios

400g Medjool dates shelled and pitted

75ml Vita Coco Coconut Oil (250ml for 29.95 AED, sold in Spinneys)

1/4 tsp ground cinnamon

1 Put the pistachios into a food processor and coarsely chop.

2 Take out three quarters of the nuts and place them in a big bowl to one side. Then grind the remaining quarter into as fine a dust as you can, then tip it out onto another plate.

3 Check the dates for stones, remove any you find and then put the dates into the food processor along with the Vita Coco Coconut Oil, cinnamon and blend. It will take a few minutes for the mixture to come together into a dough.

4 Once a dough is formed, roll the mixture into small sized balls, as pictured. Lay out onto a tray and allow to rest in a cold fridge for 1 hour before serving.

WHERE TO BUY DATES:

- Carrefour supermarkets
- Geant supermarkets
- RIPE market
- The date stall next to Deira's fish market
- Bateel outlets

STAR INGREDIENT

Elderflower

These fragrant blossoms won't be around for long, so get your skates on and enjoy this delicate treat

Recipes EMILY KYDD Photographs PETER CASSIDY



**Elderflower &
gooseberry lemonade**



From May to early July these pretty flower-laden bushes are everywhere – growing in gardens, woodlands, fields, hedgerows and even wasteland. The exact timing depends on where you are, but generally the blossoming of the common elder marks the beginning of summer.

The small star-shaped flowers appear in

large, flat-topped clusters. They have a heady, sweet Muscat-like aroma and a delicate flavour, which comes from the pollen.

The flowers are edible and can be used to make cordial, and there are many other ways to make use of this sweet-scented flower in your kitchen.

**Elderflower panna cotta
with strawberries &
brown butter crumble**



Elderflower & gooseberry lemonade

Add a shot to a cocktail, or enjoy with tonic water.

EASY GLUTEN FREE LOW FAT

MAKES 700ml **PREP** 45 mins plus at least 48 hrs infusing
COOK 15 mins

300g gooseberries
20 elderflower heads, flowers picked and stalks discarded
few strips lemon peel
700ml lemonade
350g golden caster sugar

- 1 Divide the gooseberries between two 1-litre jars and very lightly bruise with the handle of a wooden spoon. Add the flowers, top with the lemon peel and pour over the lemonade. Submerge the elderflowers with a circle of baking parchment and seal with a lid. Leave to infuse for at least 48 hrs or up to 1 week.
- 2 Once infused, line a sieve with kitchen paper and set over a large bowl. Pour in the lemonade, then discard the strained berries and flowers.
- 3 Tip the sugar into a pan with 350ml water and gently heat until the sugar has dissolved. Turn up the heat, bring to a simmer and cook until syrupy and reduced by half - about 10 mins. Cool to room temperature, then add 100ml to the elderflower ix. Stir well and taste, adding more until you are happy with the sweetness.

PER 25ml 70 kcs • fat none • saturates none • carbs 3g • sugars 3g • fibre none • protein none • salt none

Elderflower fritters with honey

EASY

SERVES 4 **PREP** 15 mins **COOK** 5 mins

16 elderflower heads
sunflower oil, for deep-frying
100g self-raising flour
2 tsp cornflour
2 tsp golden caster sugar
1 egg
175ml sparkling water
icing sugar and orange blossom honey, to serve

- 1 Cut away any elderflower stalks, just leaving the head still joined together. Half-fill a large saucepan with oil and set over a medium heat - you want it to reach 180C on a temperature probe.
- 2 While the oil is heating, mix together the flours, sugar and a pinch of salt in a bowl. Beat together the egg and sparkling water. Make a well in the centre of the flour, then slowly pour in the wet mixture, whisking until combined - you want it to be lumpy. You'll need to use the batter immediately.
- 3 Dip the elderflower heads into the batter, then drop into the hot oil, a few at a time. Cook for 30 secs-1 min until golden, then remove using a slotted spoon and drain on kitchen paper. Dust generously with icing sugar and drizzle over some honey. Eat straight away, while crisp.

PER SERVING 173 kcs • fat 7g • saturates 1g • carbs 23g • sugars 2g • fibre 1g • protein 4g • salt 0.4g



Elderflower panna cotta with strawberries & brown butter crumble

A LITTLE EFFORT

SERVES 6 **PREP** 45 mins plus at least 4 hrs chilling
COOK 40 mins

500ml double cream
450ml full-fat milk
10 large elderflower heads, flowers picked
1 vanilla pod, seeds scraped out
5 gelatine leaves
85g golden caster sugar
For the crumble
75g butter, plus extra for greasing
75g plain flour
50g golden caster sugar
25g ground almonds
To serve
250g punnet strawberries, tops trimmed
1 tbsp golden caster sugar
a few picked elderflowers, to decorate

- 1 Put the cream, milk, flowers, vanilla pod and seeds in a pan set over a gentle heat. As soon as the liquid starts to simmer, remove from the heat and leave to cool completely.

- 2 Meanwhile, for the crumble, tip the butter into a small pan and heat gently until it has turned a deep brown and smells nutty. Pour into a bowl and leave to cool at room temperature until firm.
- 3 Once the cream mixture has cooled, lightly grease the insides of six 150ml dariole moulds. Soak the gelatine leaves in cold water for 10 mins. Strain the cooled cream mixture through a sieve into a clean pan, discarding the elderflowers and vanilla pod. Tip in the sugar and stir to dissolve. Set over a low heat and bring back to a simmer, then pour into a large jug. Squeeze out any excess liquid from the gelatine and stir into the hot cream until melted. Keep stirring until the mixture has cooled and thickened slightly, so that all the vanilla seeds don't sink to the bottom. Pour into the moulds and chill for at least 4 hrs until set.
- 4 Heat oven to 180C/160C fan/gas 4. Rub the browned butter into the flour, then stir through the sugar and almonds. Spread out onto a tray lined with baking parchment. Bake for 25-30 mins until golden, stirring a few times. Leave to cool.
- 5 Slice the strawberries, then mix with the sugar and 1 tsp water. Set aside to macerate for 20 mins.
- 6 Turn the panna cottas out onto plates and top with the strawberries and their juices. Sprinkle over some of the crumble, serving any extra in a bowl on the side, then decorate with a few elderflowers.

PER SERVING 716 kcs • fat 60g • saturates 36g • carbs 37g • sugars 27g • fibre none • protein 7g • salt 0.4g



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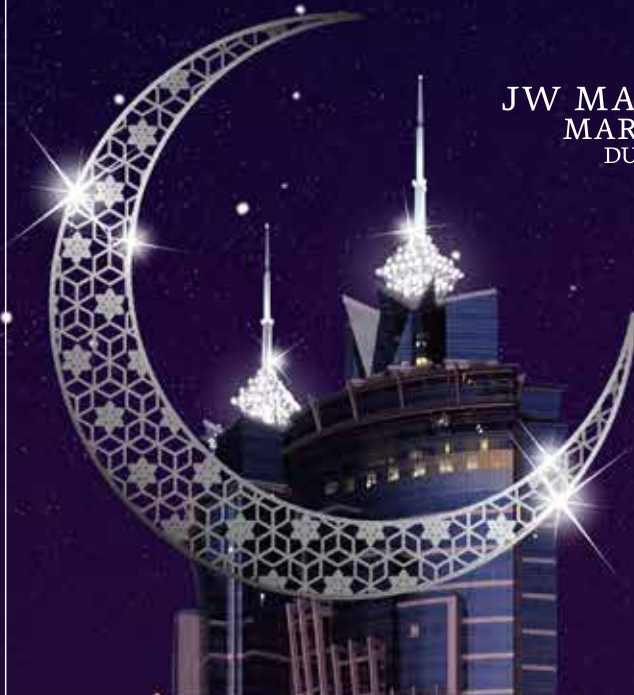
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Gourmet Lifestyle

Travel, global cuisines, health, interviews, kitchens and more



IN THIS SECTION

✱ We catch up with chef Jason Atherton during his recent visit to Marina Social, **P80** ✱ A look inside the new concept by Bjorn Frantzen at Enigma Dubai **P84** ✱ Recipes from our latest, Arabic-themed Food Club event, **P98** ✱ A special lunch with some of Dubai's finest chefs, **P103**



IN THE KITCHEN WITH....

Jason Atherton *a*

As part of a new series, we step into the kitchen with an industry leading chef to learn about their world, while cooking up a mouthwatering recipe for you to try at home. This month, we catch up with Jason Atherton during his recent visit to Marina Social, InterContinental Dubai Marina. By Sophie McCarrick

He's the creative brain and founder behind Dubai's latest restaurant hit, Marina Social in InterContinental Dubai Marina, and the man who has successfully opened 14 restaurants around the world in just five years – he's a pretty busy guy, to say the least. Within the first year of opening, his restaurant Pollen Street Social in London earned a Michelin Star, while his other restaurants have gained recognition in some of the world's biggest food-thriving destinations including Hong Kong, Sydney and New York. Having trained under and worked alongside chefs like Gordon Ramsey, Pierre Koffmann, Marco Pierre White, Nico Ladenis and Ferran Adria at el Bulli, it comes as no surprise that he's created such success in the restaurant scene. Despite his busy schedule, Jason

found time to catch up with us during his trip to Dubai last month. Here's what he had to say...

Taking it back to the start. What's your first prominent food memory?

When I was young, my parents had a guest house in Skegness, Lincolnshire, catering to for 20-30 people. It was only small and had a little bar and tiny restaurant for the in-house guests. My mum was always cooking; whether it be sticky toffee pudding, roast lunch on a Sunday, prawn cocktails, or fish dinners for fish Friday. It was very simple cookery, but everything was done fresh and as good as it could be from mum's side with no kitchen team. We used to help out with the washing, shredding a bit of iceberg lettuce, mixing the cake batter and stuff. I grew up around food and loved it.



Is this when you realised you wanted to become a chef?

Not really. Although I loved food, when you're a child it's hard to confuse helping out in the kitchen as being a chore, because you want to be outside playing with your friends.

So when did the passion shine through?

As you get older you start to understand that food is an integral part of family life and it became a passion. I've always been around hospitality and felt comfortable in that environment. From about the age of 13 years old onwards, I wanted to become a chef, because I just really loved cooking. And... I was really bad at football anyway, so that dream went out the window (laughs).

What do you like most about your job?

At this stage in my career, the creative process is so much more interesting and enjoyable. It encompasses more than it does when you first start out. It's now everything from creating a concept, to tableware, to uniforms, to food, to décor and more – the creative process goes beyond so much more than food now. It's very fulfilling to create a concept from start to finish and see it come alive and people enjoying it. You create somewhere for people to make memories and that's really nice.

I suppose getting that formula right is what's vital to ensuring return custom....

You're exactly right, and that's very important here in Dubai. Long gone are the days where you opened a restaurant and you were packed every night. It just



doesn't happen anymore in Dubai because there are so many restaurants coming onto the market. There's too much choice. Every hotel has multiple restaurants, deals going on, gentlemen's night, ladies nights, and more... you're competing against all of this. I believe the only thing that makes you stand out from the others and withstand the test of time is focusing on quality. Repeat business is crucial. If we weren't getting that, we'd be doing something wrong...

How often does your menu change at Marina Social to reflect seasonality?

It happens regularly, and what we try and do is analyse what people like. The social dog for example is our best seller, and we'd be crazy to take it off the menu. We try and keep things people enjoy, while improving them at the same time. We try and stick to the British seasons, so when asparagus or strawberries are in season, we'll put it on the menu, when sea bass is good in the UK, we try and put it on, and so forth, it gives us direction.

Is your menu here child-friendly?

Yep! We have pizza, fish and chips – all those things

kids love. But we try and make it a little bit healthier for them. Like what me and my wife, Irha do at home with our children. If the kids want pizza, we'll take them somewhere that makes homemade pizzas with fresh, in-season produce. Or we'll have fish and chips, but made with fresh Dover sole, done nicely with homemade chips. It's important to teach children about good food.

Many parents complain about children being fussy eaters, what would your advice to them be?

Everyone says that their kids are fussy eaters, but that's down to the parents. I sound like a bit of a winge bag here, but at the end of the day, children are a product of their environment. That's a fact. If you allow your child to misbehave in a restaurant, run wild and knock things over, they do that because you allow them to. They do that because you're not teaching them behavior patterns of what they should and shouldn't do in restaurants. It's important to teach children manners and respect, and with that respect and understanding for good, quality food.

In the kitchen with you at home, what five ingredients will always be found?

Good olive oil, Cornish sea salt, good vegetables that I have delivered fresh every Monday, good butter, and I always have two fresh fish deliveries twice a week to the house.

With all of your travelling, what's the most recent trend you've seen in the culinary world that's caught your attention?

Something I see that is a trend all over the world, which will slowly creep into Dubai, is that you no longer have to be deemed as a world-renowned chef, with three Michelin stars to earn yourself a name in this industry. I've just come back from Australia's Top 100 Restaurant Awards, where some of the chefs getting the most awards were from unrecognised restaurants like Ester and Automata – all these places that have got a couple of chefs in the kitchen, doing their thing and making it work. The chef industry has nicknamed it 'dude food', which is a little more casual and allows food sharing to be recognised. Never in a million years would that have been considered as good food a few years ago – it was seen as pub food, but it's the way the world is moving – away from tasting menus and things like that. There will always be a place for fine dining, but it's becoming wanted less by the customer.

What's the biggest misconception that people have about professional chefs?

I think people think that chefs are angry and unapproachable, but that's not that case. It might

have been 20 years ago, but it's not now. Chefs are usually overly generous if anything.

For our home cooks, what's the best skill they can have?

When you're cooking at home the absolute essential ingredient to have is to understand your capabilities. So many home cooks when they have a dinner party get overly complicated with difficult recipes that they think will impress their guests, only for it to turn into a disaster. Always do one course you're comfortable with, and one that can be made ahead so it allows

you time to socialise. Keep things simple, basic and fresh. Enjoy food, and don't make it stressful.

What's the one kitchen implement you couldn't do without?

Apart from the obvious being my knife. I'd say my Kitchen Aid blender. I do everything in it, from making my kids smoothies in the morning, to pesto, sauces and soups. It's the new one that locks in and heats food too. It's fabulous!

What's your advice to aspiring chefs?

I was 37/38 when I got my first restaurant, which is pretty late. A lot of chefs tend to do it between 25 and 35, but the reason I've been able to do what I do, is because it took me longer to get where I got. I think too many chefs are in a rush to be the next big things, and I think my advice would be to have perseverance and work on your skill. You need to be able to be more than just a one hit wonder. Learn to understand restaurants, palates, different cuisines, flavours, ingredients, inside and out. Things don't happen over night, patience is essential to any success story. As Gordon Ramsey once told me: "It's a marathon, not a sprint."

**TRY CHEF JASON'S
RECIPE AT HOME!**

Hot smoked salmon, cauliflower
cheese and truffle



STEP 1



**FOR THE
CAULIFLOWER**

1 head cauliflower
**1lt seasoned chicken
stock**

Split the cauliflower
into quarters, trim into

large florets, keeping the stalk attached. Blanch the cauliflower in rapidly boiling chicken stock until tender. Refresh in iced chicken stock to maintain the flavour.

STEP 2



**FOR THE DUCK
CRUMBLE**

320g duck fat
160g panko
breadcrumbs
160g porridge oats
350g banana shallots

Slice the banana shallots, coat in flour and deep fry at 140C until golden brown and crispy. Drain on tissue paper and finely chop. Toast the porridge oats in the oven at 160C until golden brown. Heat the duck fat and gently fry the panko breadcrumbs until golden brown. Combine equal quantities of panko, porridge oats and crispy shallot, season to serve.

STEP 3



**FOR THE COMTE
CHEESE SAUCE**

150g T45 flour
150g unsalted butter
2lt milk
450g grated parmesan
**English mustard, to
taste**

Melt the butter in a medium sized saucepan, add the flour to make a roux and cook out for 5mins. Warm the milk and slowly add to the roux, stirring all the time. Once all the milk has been incorporated, cook the béchamel slowly until the flour is cooked out. Remove from the heat and whisk in the both cheeses. The sauce will become very thick but as the cheese starts to melt a nice coating consistency will be achieved. Add the English mustard, and seasoning to serve.

STEP 4



FOR THE SALMON

130g fillet of salmon
1 tbsp olive oil
maldon salt, to taste

Vacuum pac the salmon
with olive oil and malden
sea salt. Sous vide the

salmon at 55C for 4 minutes from fridge cold (or place in warm waterbath). Remove the salmon from the waterbath, season well with salt and sear the presentation side in a hot pan.

STEP 5



TO FINISH

**4 pc large spinach
leaves**
1pc lemon
Fresh truffle
Handful of wood chips

Cut the lemon in half, dip

in sugar and caramelise on a hot plancha. Blanch the spinach and season it with maldon salt. Meanwhile reheat the cauliflower in fresh chicken stock. Dress the cauliflower with the cheese sauce, duck crumble, grated comte and fresh truffle.

Place the salmon into a smoking box with a burnt lemon, smoke for several minutes, remove, plate and then serve.

WIN!

Did you try this dish at home? Send us a snap or tag us on Instagram @bbcgoodfoodmiddleeast to be in with the chance of winning a copy of Jason's latest cookbook, Social Suppers!

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RIPE'S SUMMER MARKET

Just because the scorching Middle Eastern sun has crept in, doesn't mean you have to forfeit your weekly visit to market. Ripe Food & Craft Market now takes cool sanctuary in Times Square Center on Sheikh Zayed Road, every Saturday until the end of October, from 9am to 3pm

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Inside, the inviting market offers you the chance to shop for organic fruits and vegetables, pantry essentials like eggs, local honey, marinated olives, fresh juices, coconut oil, tea, superfoods, health foods and more, while chatting to the friendly Ripe team about organic farming and recipe ideas. You'll also have the opportunity to enjoy a selection of tasty eating options from the city's best food concepts – from food trucks and street food, to delicious, locally made, gourmet and speciality foods.

Wander around market stalls that showcase local artisans and designers, selling everything from organic skincare, leather handbags, and rustic home ware, to handmade jewelry, unique fashion, and children's toys.

And if that's not enough to keep you entertained, there'll also be live music, pop-up yoga and fitness classes, workshops, and educational activities for the little ones to get involved in, like arts and crafts, a reading corner, petting zoo, and more.

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A NORDIC JOURNEY

There's a new chef in town at the helm of Palazzo Versace Dubai's innovative restaurant, Enigma – an outlet that captivantly changes its dining concept every quarter, each time welcoming a new chef of world-class talent. Stepping in as the second chef, Björn Frantzén from the two Michelin-starred Restaurant Frantzén that ranks 31st on the World's 50 Best Restaurant list, has now taken the reins. We speak to the creative mind behind the concept to find out more! **By Sophie McCarrick**

Mysterious and exciting, Enigma sets the stage for top-notch chefs to showcase their culinary creations. It's a platform that allows an untold story to be unfolded through a multi-sensory dining experience using unique ingredients and modern skill – it's a hotspot for those with curious taste buds.

Dinner is served tasting menu style, with each course presenting a new ingredient of focus and a new impressive surprise. Under chef Björn's tenure expect to be taken on a discovery of natural beauty and quality that reflects flavours of the four seasons in Scandinavia. His approach is all about purity, freshness and simplicity, and left me with a yearning to visit Sweden, to further learn about its local products.

Available six nights a week, the 'journey of a Nordic chef' concept will run until June 30, 2016, before a new chef – also selected from the World's 50 Best Restaurant list – will take over with a new culinary vision.

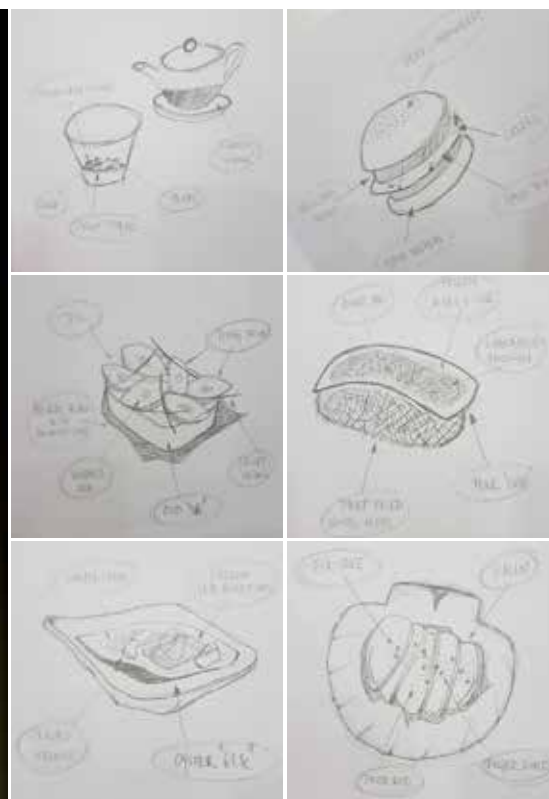
Having experienced both chef Quique Dacosta's and chef Björn's stories, I can honestly say that I was stunned by both. They

are, however, very different experiences all together – the food, ambiance, décor, approach, technique, music, and feel is different – which is a great thing (it wouldn't be exciting if it had remained the same...).

With soft rock playing in the background, the scene is relaxed yet refined. As each course is served, you really begin to feel like you could be sat deep in a gorgeously green forest surrounded by nature (the scent of pine tree wafting through the restaurant was a fantastic touch). Each dish highlights one ingredient in particular, ranging from lingonberry and sea buckthorn, to white moss and fir tree – plus others, of which many I'd never tried before (to my delight!).

Favourites of the evening would have to include the slow-baked cod '38C' served with Swedish vendace roe from Kalix, beurre blanc flavoured with preserved anchovy juice, dill and young onions, and the take on lamb hot-pot, which was served with cabbage, roasted cauliflower bouillon and truffles (not to say the rest wasn't equally as impressive, but these two in particular really stole the show for me).





Chef Björn's creativity really shone through, not only in his food, but also through the menu card prepared by him and his team. Page by page, you're able to see the thought process that went into each dish, as well as the each plate's construction (pictured upper right) – originality at its best!

We spoke to the man himself, and here's what he had to say...

Rewinding to the start, where did your passion for cooking develop?

I had my first really good steak with a proper bearnaise sauce when I was 11 years old. That's when my passion for food started.

For those unfamiliar with what the modern Scandinavian style of food encompasses, please can you tell us a little bit more about it...

Scandinavia has a tradition of preserving food, to make sure we can live through the very long and cold winter. We pickle, we cure ingredients, we smoke protein, and we preserve vegetables in cellars. And, as any other region does, we cook with what is close to hand. Since the waters are cold in

the Nordic we have excellent seafood. Fruits are also grown slow because of the cold weather, and the sweetness that comes with that is something extra special.

For diners visiting Enigma during your tenure, what can they expect?

They will get to taste some of my favourite dishes, which have been served at Restaurant Frantzén over the years – and still are.

How will the experience you offer be different to that of Quique DaCosta's?

I never got to experience Quique DaCosta's dinner at Enigma, but I would assume that we differ quite a lot. The ingredients, atmosphere and even the music will be very different.

Why did you choose Palazzo Versace Dubai to be your stage here in the Middle East?

I see this as an opportunity to show and introduce the flavours of the Nordic countries to Dubai's cosmopolitan residents and travellers. And, to make a collaboration with the magnificent

Palazzo Versace Dubai, which already has high standards written to its name – making it the definite right way to go.

Where did your inspiration for building the menu at Enigma come from?

'The journey of a Nordic chef' is the theme and I have selected the dishes that fit that concept best. The dishes on the menu have been served at my restaurant in Stockholm for years and they are favorites! It's Nordic ingredients at their best.

Where have you sourced the ingredients used in your menu at Enigma from?

I'm using Nordic ingredients. The logistic work behind this dinner is really something!

For our home cooks looking to get a little more innovative in the kitchen,

what's a beginning technique to get started with?

I think the best thing to have in the home kitchen is a thermometer. And to find out the different temperature requirements for different proteins, all you need is a quick visit to Google and you're ready to go!

What's your take on the Middle East's culinary scene?

My only reference is Dubai, and it seems that Dubai has gathered the best of the best from all over the world in one city. The rest is yet to be discovered, and I'm really looking forward to it!

Following your time at Enigma, can Dubai expect to see more from you? Do you have plans for further expansion here?

Yes – and that's all I'm saying for now...

To enjoy chef Björn Frantzén's experience, diners are encouraged to pre-book their seats through www.enigmadxb.com. For the complete tasting menu, excluding grape pairing, the experience costs Dhs550 for 8 courses, and Dhs750 for 12 courses on weekdays, and Dhs650 for 8 courses and Dhs850 for 12 courses on weekends.

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DUBAI

A large crowd of people is gathered in a dark space, looking up at a large, curved glass display. Inside the display, various kitchen appliances, including dishwashers and ovens, are visible, illuminated by blue and pink lights. The scene is a trade fair or exhibition.

THE INVISIBLE *KITCHEN*

We travel to the world's largest kitchen trade fair, Eurocucina in Milan with Miele, to discover exactly how kitchens are becoming tech-savvy, forward-thinkers of tomorrow. By Sophie McCarrick



In a world where each and every one of us relies on smart technology in one way or another – whether in the form of a smart phone, tablet, smart watch or a smart, self-driven car – the food sector’s design and tech industry has surprisingly remained, for the most part, in the dark ages. Until now.

I know what some of you may be thinking – “why should the way we cook change?” – and, I completely second that. There’s nothing better than being in control in the kitchen, cooking up a wholesome meal the ‘good ole fashioned way’. But I can assure you, these innovative, smart developments are nothing less than exciting (and rather mind-blowing!).

So, what exactly is ‘the invisible kitchen’? It’s the latest kitchen design concept currently being developed and implemented by the high-end German manufacturer, Miele. It’s the kitchen of tomorrow, designed comprehensively to optimise the cooking and dining experience at home, for both professional and beginner cooks.

It’s labelled ‘invisible’ because the technology behind it allows the kitchen to assist its user in many ways – kind of like a personal sous chef – while remaining out of sight. With its hidden tools and built-in knowledge, the invisible kitchen aids waste minimisation and energy saving, not to mention culinary expertise and grocery management. All of this while allowing you to retain that feeling of intimacy and transparency we all love when cooking.

Features of the kitchen enable dinners to be made at the click of a button with consistent results. If you fancy something healthy – tell the kitchen, and it’ll lend you a recipe using ingredients stocked and available in your pantry or fridge. Or if you’re running low on groceries and conclude you can’t possibly make a meal out of what’s in stock – run it past the kitchen, and it’ll conjure something up.

The smart technology is powered by super computers embedded within the sleekly designed kitchen, to provide reliability and sustainability.

Another feature is the ability to monitor expiration dates on your produce, encouraging you with recipes to use up certain ingredients before they’re ready for the bin. It’ll also be your personal shopper – on hand to inform when the flour is getting low, and the option to order some more via the built-in online ordering system.



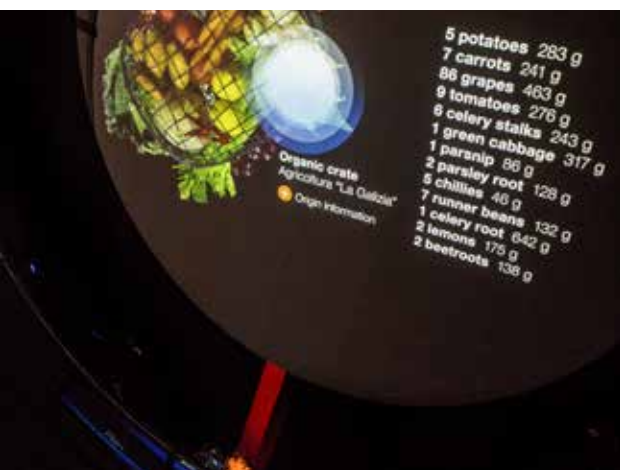
From engaging with you with self-initiative, to encouraging you to try new things and learn other cooking techniques and skills, the kitchen is always on hand to offer advice. It’ll offer an on-surface guide with measurements of where to cut your chilli, depending on the spice level you like. If you’re hosting a dinner party, it’ll set the ambient lighting you require; intimate, romantic, up-beat – you name it. Each paired with relevant music, of course. All in all, making the cooking experience interactive, intuitive and dynamic.

The kitchen will take into consideration the users cooking ability, and then guide accordingly – or intervene when things are

going wrong so disasters are averted, it’ll even open the oven door for you when it detects you’re approaching with a tray.

Dr Axel Kniehl, executive director with the Miele Group, marketing and sales, says: “The invisible kitchen brings a new sense of creativity to the game. Cooking once again becomes exciting and is fun”.

But is all of this technology what the consumer wants? I question Miele’s head design director, Andreas Enslin. “They do”, he responds as he goes on to explain how Miele’s extensive market research, which predicts trends years down the line, leads them to conclude that even the most hands-on cook



moving forward will want this type of helpful technology in their kitchen. He notes that this is based on global research from all types of market variants.

One point that Andreas made particularly stood out with me. This being that Miele's research also finds that consumers today are now trusting less and less in the food industry and are again wanting more control over what they eat. "The consumer wants transparency and reliability led by health-driven technology, and this is what we will offer in the future", he adds.

If you're trying to be more health-conscious, with a click of a button the kitchen will alter

recipes to be healthier. It'll make tips throughout the cooking process, while continuously auditing what's in your fridge to ensure you're getting the healthy meal you require, while using up leftovers and soon-to-be out of date ingredients.

In summary, Andreas says: "When it comes to the crunch – for example when milk threatens to boil over, an empty pan overheats on the hob or ingredients are incorrectly measured – the invisible kitchen swoops in to prevent a misadventure. In other words, it's a faithful and virtual assistant shadowing its owner through the entire food preparation process."

And if you're worrying that the kitchen is capable of taking too much control in your home – as was I – don't be. Andreas assures that "the system is tantamount to being a cooking adviser. It provides me with the assistance I need when I am unsure of myself before things start to go wrong."

On the market now

While talk of the invisible kitchen is extremely exciting, it's still going through production, so I also took a little look at Miele's other latest developments – all available on the market now.

From a design point of view, something trending is 'handle-free'. Miele's new ArtLine series features all built-in appliances that allow you to design your kitchen completely without handles – talk about cleaning heaven!

I also noticed a lot of emphasis being placed on extraction fans/kitchen hoods. They're becoming much-less of an eye sore, and more of a kitchen center piece – with the latest product, entitled the 'Pearl', offering dimmable atmospheric lighting with embedded energy efficiency (it actually reminded me of something futurist out of the Apple shop – super sleek!).

Two features I favoured the most where the two that revolved around cooking directly. The new TempControl induction hob units that take all of the hassle (and oil spat mess) out of frying. You'll basically burn food no more with this appliance, as the temperature of the hob is maintained at all times by sensors. It's easy to forget that when we cook, the temperature of our pans continue to rise during cooking, even if the heat output is constant, which in turn burns our food. With the TempControl hob, the sensors detect the pan's temperature, and power is regulated accordingly.

And, last but not least the combined vacuum-sealing drawer and steam oven, which allows home cooks to sous vide like a pro. Being able to marinate, seal and cook fish and meat the sous vide way (when food is vacuum-packed in plastic bags and cooked at low, maintained temperature for a long period of time), makes high-standard cooking accessible to everyone at home – and for me, I feel makes the experience of cooking at home, that little bit more special.

For more information about Miele's products, visit:
www.miele.ae



TANTALISING TASTES OF NEW ZEALAND

Things heat up in the Top Chef kitchen as ten of the UAE's finest chefs go head to head in a mystery box cook-off, to take home the title 'Taste New Zealand Chef of the Year 2016' and a gourmet trip to New Zealand



Last month, 10 professional chefs from restaurants and hotels across the UAE came together at Top Chef Studio in Jumeirah to battle it out in the Meat Heat of Taste New Zealand's Chef of the Year Competition 2016.

Made up of three live cooking heats – seafood, meat and pastry – the competition provides an opportunity for chefs to create dishes using a range of fresh New Zealand ingredients.

With the successful completion of the Seafood Round in March, it was onto the Meat Heat this time – and soon, the Pastry Heat, which will take place on September 3.

The judging panel for the Meat Heat comprised industry leaders including Lij Heron from Lexington Grill, Waldorf Astoria RAK, who is also The Pro Chef's 'Meat Chef of the Year 2015', Reif Othman from PLAY Restaurant & Lounge, Prabakaran Manickam from Food Fund and Dirk Haltenhof, the resort executive chef at Madinat Jumeirah.

From each heat, two winners will be chosen, and then the chef with the highest score from across the three heats will be crowned the Taste New Zealand 2016 champion. The prize? A once in a lifetime return trip to New Zealand

to experience the best of New Zealand's food and beverage first hand.

Spilt into two rounds (five chefs in the morning, five chefs in the afternoon), the day was action packed – with both sessions kick-started by a run down of the rules by BBC Good Food Middle East's editor, Sophie McCarrick, before the chefs were allowed to get their hands on goodies hidden within their mystery boxes.

Equipped with a pantry full of fresh produce, chefs were then given 30 minutes to write up a menu, before diving into the kitchen with 45 minutes to cook up three portions of one dish, to present to the judges.

It was a heated competition, to say the least, but the judges had to make a decision. Taking in to consideration the taste, presentation, use of mystery box ingredients (a minimum of three ingredients was required), timing and creativity, two winners were chosen!

With two heats now over, momentum gains as the third and final round approaches.

If you're a professional chef and would like to compete in the Pastry Round on September 3, apply before August 10 via: www.hospitalitybusinessme.com/newzealandchef/

MEET THE CHEFS!
ROUND 1



Chef Kiran Kumar Kinjal
Fairmont Bab Al Bahr

*New Zealand lamb chops with
mint jus and mashed potato*



Chef Valerii Nikolaiev
Movenpick Hotel JBR

*New Zealand rib eye
with puy lentils and spicy
tomato sauce*



Chef Maksim Tvorogov
Vesna Restaurant & Lounge,
Conrad Dubai

*New Zealand lamb rack with
smoked mashed potatoes and
coconut-cafir lime sauce*



Chef Sergey Bobylev
Le Royal Meridien Beach Resort
& Spa Dubai

*New Zealand rib eye steak
with beef and veal glaze and
carrot puree*



Chef Dennis Koll
Park Hyatt Dubai

*New Zealand lamb loin
with carrot garnish*



MEET THE CHEFS!

ROUND 2



Chef Demas Latief
The St. Regis Dubai



Chef Ajay Gurung
Marriott Hotel Al Jaddaf



Chef Brian Voelzing
The Hide, Jumeirah
Restaurant Group



Chef Rahil Rathod
Radisson Blu Hotel Deira Creek



Chef Nahsen Akgul
The Exchange Grill,
Fairmont Dubai

*Burnt sous vide Silver Fern
tenderloin*

*Crust lamb rack with
parmesan risotto, spicy sauce
and parmesan broth*

*Habanero roasted
beef fillet*

*Scallion ash marinated deer
from New Zealand*

*7 Spice smoked venison
with beef and veal glaze*





WHAT WAS INSIDE THE MYSTERY BOX?

Venison Denver leg from Firstlight
Tenderloin steak from Southern Cross
French lamb racks from Silver Fern
Rib eye from ANZCO
Corn Fed Chicken Breasts from Silver Fern
Veal glaze and stock from Greenmount Foods
Anchor extra whipping cream
Anchor extra yield cream
Fonterra parchment butter
Fonterra shredded mozzarella
Fonterra cream cheese
Barker's professional beetroot chutney
Barker's professional Mexican Habanero sauce

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BBC
goodfood
Middle East

Ramadan ready!

Our latest Food Club event last month, saw the talented executive chef, Ghassan Khattar from Zaytinya based in Abu Dhabi, join us at Miele's state-of-the-art kitchen gallery on Sheikh Zayed Road, to cook up an Arabic three-course meal.

With over 20 years of experience working with Arabic cuisine in some of the region's leading hotels, chef Ghassan's cooking demo offered our Premium Food Club members the chance to learn how to make a selection of locally favoured dishes, in time for the holy month of Ramadan. Not only did members get to taste the food, they also got to try their hand at making the dishes themselves.





Text by SOPHIE MCCARRICK | Photographs by MAKSYM PORIECHKIN



TRY CHEF GHASSAN'S RECIPES AT HOME!



Fattoush

SERVES 4

300g Arabic lettuce, diced
150g tomatoes, diced
150g cucumber, diced
30g watercress, diced
30g red radish, diced
30g spring onion, sliced
15g mint leaves
25g pomegranate molasses
50g crispy Arabic bread, diced

FOR THE DRESSING

50ml olive oil
25ml lemon juice
15ml balsamic vinegar
10g sumac powder
Salt to taste

- 1** In a mixing bowl put the Arabic lettuce, tomatoes, cucumber, watercress, onions red radish, and mint leaves.
- 2** In another bowl, mix together all ingredients for the dressing. Once combined, pour over the salad ingredients until mixed well.
- 3** Put the fattoush in a salad bowl and sprinkle the crispy bread and pomegranate on top. smash everything up.



Riyash - marinated lamb chops

SERVES 6

100g, tomato paste
50ml olive oil
20g Arabic spices (al tahi)
25g salt or to taste
100g onion, peeled
20g chili paste
2kg lamb chops

- 1** Blend all of the ingredients for the marinade together.
- 2** Clean and cut the lamb chops, and marinate them overnight in the mixture.
- 3** Add the meat to skewers and chargrill them before serving hot.



Mohalabia

SERVES 6

1lt milk
300g sugar
100g corn flour
100ml fresh cream
5g orange blossom water
10g pistachio for garnish

- 1** Add the sugar to the milk and boil it. Add a mixture of corn flour and cold water to the milk until it becomes thick.
- 2** Add in the fresh cream and orange blossom water, stirring constantly.
- 3** Serve into small, individual serving bowls and leave to cool. Garnish when cold with the pistachios.

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Around the Table

A handful of Dubai's finest chefs come together to cook a lunchtime, meat-free menu for you to try at home!

In vite your friends over for a lunch, brunch or dinner to remember this month, and wow with a delectable menu inspired by five of the city's top chefs and approved by some of Dubai's top food influencers, including the likes of Samantha Wood from FoodDiva, Sally Prosser of My Custard Pie, and Ishita Saha from IshitaUnblogged.



Chef Tomas Reger

Kohlrabi poached in
beurre blanc with
sourdough croutons

SERVES 4

100ml cider vinegar

80g shallots-thinly sliced

400g butter

**700g kohlrabi - peeled and sliced to
liking**

Sea salt

4 leaves of curly kale

1 slice of sourdough bread

1 Heat up a pan and add the vinegar and shallots, then reduce until it becomes syrupy.

2 Add the butter slowly while whisking until all is used - this will make the beurre blanc (white butter).

3 Poach the kohlrabi in the beurre blanc until warmed through to around 60C. Then poach the kale in the same way.

4 To make the croutons, cut the sourdough bread to small cubes and crisp them up in butter with a little bit of salt, before plating the dish and serving whilst hot.



Chef Darren Velvick

Confit egg yolk agnolotti,
smoked potato with
mushroom and cheddar

FOR THE PASTA

300g white bread flour

3 eggs

FOR THE AGNOLOTTI FILLING

200g potatoes

30g butter

30g cream

100g egg yolks

1 packet chestnut mushrooms

2tsp black pepper

1tsp salt

FOR THE SAUCE

1 large onion, finely chopped

70g cheddar cheese, grated

100g double cream

1 pinch black pepper

1 pinch salt

1 On a large work surface, pour the flour into a pile and make a well in the centre. Using your fingers, carefully stir the eggs into the flour - roughly combining the two ingredients. Knead until springy and combined, usually 10-15 minutes.

2 Divide the dough into 4 even weight pieces. Flatten slightly to speed up refrigeration, then wrap each piece tightly with cling film. Place in the refrigerator for at least an hour.

3 To make the filling, peel and cut the potato into roughly 2inch chunks, and boil the potatoes in lightly salted water. Once soft, drain well, place the chunks of potato onto a smoking rack. Smoke the chunks over wood chips for approx 10 minutes.

4 Mash until smooth, add the butter and cream, taste and season with salt and pepper. When cool place in a piping bag.

5 Place the egg yolks into a bowl and whisk well, place over a pan of water and slowly cook at 65C. Whisk until the yolks start to thicken, add salt and pepper to taste. Cool down and place into a piping bag for later.

6 To make the sauce, place a frying pan over a medium/high heat. Bring up to temperature and add the olive oil. Fry the onion until it is well softened. Add the cream and cheddar and whisk well until smooth and the cheese has melted. Cover and set aside whilst making the agnolotti.

7 To assemble the agnolotti. run the dough through a pasta machine as you would for ravioli, but make the sheets wider. The sheets should be at least five inches wide. It is important that your pasta sheet be thin enough so that you can see your fingers through it. Keep the pasta sheets covered, as they dry out quickly, and proceed with filling the agnolotti.

8 Work with one sheet of pasta at a time, keeping the remaining sheets covered. Work quickly, as fresh pasta will dry out. Lay the pasta sheet on a lightly floured surface with a long side facing you. Trim the edges so they are straight.

9 Pipe 2 lines of the mashed potatoes leaving a gap in the middle to pipe the egg yolk, leaving a 3/4-inch border of pasta along the left, right and bottom edges. Pull the bottom edge of the pasta up and over the filling. Seal the agnolotti by carefully molding the pasta over the filling and pressing lightly with your index finger to seal the edge of the dough to the pasta sheet; don't drag your finger along the dough to seal, or you risk ripping the dough. When it is sealed, there should be about 1/2 inch of excess dough visible along the tube of filling.

10 To shape agnolotti - starting at one end, place the thumb and

forefinger of each hand together as if you were going to pinch something and, leaving about 1 inch of space between your hands and holding your fingers vertically, pinch the filling in 1-inch increments, making about 3/4 inch of "pinched" are between each pocket of filling. Run a crimped pastry wheel or knife along the top edge of the folded-over dough, separating the strip of filled pockets from the remainder of the pasta sheet. Separate the individual agnolotti by cutting the center of each pinched area, rolling the pastry wheel away from you.

11 Place the agnolotti on a baking sheet dusted with a thin layer of cornmeal or polenta.

12 To serve, place the pasta parcels in boiling water for approx 3 minutes, whilst these are cooking, wilt down some spinach and chestnut mushrooms and place the parcels on top and spoon over the cheese sauce.



Chef Colin Clague

Turkish cured salmon,
with cacik, apple &
fennel salad

600g Salmon fillet, trimmed
& pin boned

FOR THE CURING MIX

75g castor sugar
50g rock salt
15g white peppercorns, cracked
4 Konbu strips
1 lime
10g Baharat
10 pieces of fresh za'atar

FOR THE CACIK

450g Greek yoghurt
1 garlic clove

2 Local cucumbers, Seeds removed
and fine dice

1 tbsp dill

Lemon juice, to taste

FOR THE GARNISH

2 red apples, julienne
1 piece of fennel, shaved and
julienne
Picked cresses & micro greens
Lemon dressing
5 limes
3 red radish, thinly sliced
Walnuts
Lemon zest
Herb oil

1 Trim the skinned salmon into
rectangular blocks approx 7cm by

4cm. Mix the rock salt, sugar, cracked
peppercorns and spice mix together
and rub into the salmon.

2 Make the yoghurt dressing by mixing
the yoghurt with the roasted garlic
paste, and lemon juice and a little salt.

3 Rub the Konbu strips with the
halves of lime till soft and pliable.

4 On the bottom of a container
sprinkle some of the salt mix, lay half
the Konbu on top then a little extra
salt mix, place the salmon on top, a
little more salt mix, then the Za'atar
leaves and finally the remaining
konbu, cover with cling film and place
a small weight on top, leave at room
temperature for 4 hours then
refrigerate for a further 10 hours.

5 Remove the salmon from the salt,

wash and pat dry.

6 Julienne the apple and shaved
fennel, keep in acidulated water
separately.

7 To serve - spread the yoghurt on
the plate and score with the serrated
scraper, add the brunoise of
cucumber, picked dill and the herb oil.
Slice the cured salmon and arrange
on the plate. Dress the julienne of
apple and fennel with the lemon
dressing and some picked leaves and
cresses, arrange in the middle of the
plate.

8 Using a microplane zest some
lemon over the salmon and the
walnuts over the salad, garnish with
some sliced radish and half a burnt
lime.



Chef Reif Othman

Chilean sea bass
marinated in lime/soy
with aji amarillo & sour
cream bas

4 x 100g/4oz sea bass fillets

FOR THE MARINADE

100g teriyaki

50g lime juice

100g soy sauce

FOR THE SAUCE

20g white milk

50g cream cheese

100g Aji Amarillo paste

10g fresh jalapeño

1pc lemongrass

4 tbsp white balsamic vinegar

4 tbsp soy sauce

5g coriander leaves

5g salt

15g white onion

5g garlic

FOR GARNISH

Small tin of sweet corn

1 Combine the teriyaki, lime juice and soy sauce in a large bowl. Add in the Chilean sea bass and cover. Leave to

marinate for 20 minutes before cooking.

2 For the sauce, place all ingredients listed under 'for the sauce' in a blender and blitz for around 30 seconds. Do not strain it and keep it chilled afterwards while you bake the sea bass.

3 Bake the sea bass in a tray at 220C for about 12 minutes. Remove from oven.

4 To serve, plate the sea bass and pour the sauce over.

5 You can add some blanched sweetcorn as garnish.



Chef Elizabeth Stephenson

Greek yoghurt pannacotta
with condensed milk
granita & cinder toffee

**FOR THE GREEK YOGHURT
PANNACOTTA**

500g Greek yoghurt
2.75 each Gelatin leaves or 1tsp
powdered gelatin, dissolved
350ml full fat fresh milk
100ml whipping cream
100g demerara sugar

FOR THE WALNUT PRALINE

200g walnuts
150g caster sugar
25g unsalted butter
2g sea salt or table salt, crushed

FOR THE CINDER TOFFEE

250g caster sugar
5g baking soda
25g glucose
50g water

**FOR THE CONDENSED MILK
GRANITA**

1 can condensed milk
490ml water
2 cardamom pods
1/2 zested lemon

1 Soak the gelatin leaves in ice water. If using powdered gelatin, sprinkle 1 tsp. of powder into a bowl of 2-3 tablespoons of cold water. Next, place the bowl over a pan of barely simmering water until the mixture dissolves into a thick liquid. Strain before using to make sure there are no un-dissolved granules.

2 Bring the milk, cream, sugar and sumac to a simmer. Once simmered, remove from the heat and add the gelatin. Stir to combine. If there's any curdling, use a hand blender bring it back together again.

3 Allow to cool to blood temperature over an ice bath, stirring every once in a while. Once cooled, strain, and then fold in the Greek yoghurt. Mix well and use the hand blender once more for an extra silky texture.

4 Pour into molds, glasses or small bowls and set in the fridge until firm, about two hours. Makes 6-7 portions (approximately 150-175gm each)

5 For the walnut praline - lightly toast the walnuts in a pre-heated oven at 170C for approximately 5 minutes or until golden brown. Allow to cool.

6 Next, heat a heavy bottomed saucepan over medium heat. Sprinkle a small amount of the sugar on the bottom. As it starts to melt, add some more sugar and stir. Continue in this fashion until all the sugar is melted. Once the sugar is a deep amber color, add the butter and stir vigorously. Add the walnuts, and stir to coat with the caramel.

7 Turn the whole mixture onto a

greased surface or silicone mat. Pat down with a spatula to make it flat. Sprinkle over the salt, and allow to cool. Once cool, break into pieces and store in an airtight container until ready for use.

8 For the cinder toffee, place the sugar, glucose syrup and water into a saucepan and bring to the boil. Meanwhile, break up any lumps in the baking soda with your fingers.

9 Continue to cook until the mixture is a light golden color (about 175C). Moving quickly, whisk in the baking soda (the mixture will start to expand rather quickly). Acting fast, pour the toffee mixture onto a greased surface or silicone mat and allow to cool. Do not touch - the sugar will be incredibly hot. Once cooled, break into pieces and store in an airtight container.

10 For the condensed milk granita, place the condensed milk in a large bowl. Bring the water to the boil and

pour onto the condensed milk. Crush the cardamom pods and zest the lemon. Add to the milk mixture while it is still very hot.

11 Allow to cool and infuse overnight. Once infused, strain and pour into a shallow dish. Place the dish in the freezer to set hard. Once frozen, scrape the mixture with a fork to create the granita.

12 To assemble this dish, roughly chop the walnut praline and cinder toffee and set aside. If the pannacotta is set in molds, gently warm the edges and invert them onto plates. Pour a tablespoon of saffron honey onto the top of the pannacotta. Garnish with the chopped praline and cinder toffee. Next, place a generous spoonful of condensed milk granita on the top or on the side. To finish, garnish with a teased handful of saffron pashmak - you can find this in most Iranian sweet shops.





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You and your guest could win a stay at Mövenpick Siam Hotel Pattaya on the pristine Na Jomtien Beach. Located next to Ocean Marina Yacht Club, a 75-minutes drive from Suvarnabhumi International Airport, the 260-room resort is the first 5-star beachfront property in Na Jomtien.

Mövenpick Siam Hotel Pattaya offers spacious accommodation, all with panoramic sunset views of the Gulf of Thailand. Culinary offerings are highlighted by the New York Steakhouse T55 and all-day dining concept, Twist, with private beachfront dining and Mövenpick signature complimentary daily Chocolate Hour for guests to enjoy.

An attractive outdoor lagoon pool lies in the midst of tropical gardens, with rejuvenation to be found at Wave Spa, while the Kids' Club provides a full range of fun and educational activities indoors and outdoors. The hotel also offers a watersports centre, fully equipped fitness centre, golf concierge, island cruises, deep sea fishing tours and regional excursions.

The prize draw for a two-night stay for two adults at Mövenpick Siam Hotel Pattaya will be made at the end of June 2016. Prize certificate cannot be exchanged for cash, is not transferable, is not for resale. The voucher will be valid till March 2017 (black out period Dec 21, 2016 to Jan 10, 2017 and Jan 27 to Feb 5). Winner must arrange own flights to Thailand.

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to enter this competition and simply answer this question:

What is Mövenpick Siam Hotel Pattaya's all-day dining outlet called?



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“Our 5-star destination in Cebu welcomes visitors to a picturesque view of the beach and lush greenery,” says General Manager, Harold Rainfroy “Here, one can experience barefoot elegance, whilst relaxing with a drink in hand and toes in the sand.”

Sunset sessions at Ibiza Beach Club run from 4PM to 6PM, when guests can still get a good tan as they sip cocktails, relax to cool beats and chill out in the net pods. Here, guests are treated to a wide variety of cocktails and a Mediterranean feast of tapas and Balearic-inspired, signature 15-course grill.

Aside from Ibiza Beach Club, the hotel also features an array of themed dining spaces serving delectable international and regional cuisines. The Lobby Lounge is an open space, where people meet and socialise over coffee and tea. Meanwhile, the Forum features indoor and poolside lounges, where guests can order light snacks, bar chows and tropical sips, alongside liqueurs and whiskey. The Sails is the hotel’s signature buffet restaurant that opens for breakfast, lunch and dinner. In the evening, the restaurant treats guests to a series of gastronomic feasts of different origins, with its nightly themed buffet.

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To stand a chance to win these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to go directly to the website, and answer the simple questions.

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LURPAK® CRISPY PEANUT AND LAMB SKEWERS

PREP
3 hrs

COOK
30 mins

SERVES
4

What you need:

- Lurpak Cook's Range Cooking Mist
- 2 tablespoons Thai Massaman or red curry paste
- ¼ cup coconut cream
- 500 g lamb steaks, trimmed, cut into 2 cm cubes
- 1 ½ cups roasted peanuts
- 4 tablespoons plain flour
- ¾ teaspoon sea salt
- 18 x 10 cm bamboo skewers, soaked in cold water for 1 hour

What you do:

Combine curry paste and coconut in a glass dish. Add the lamb and coat well. Cover and refrigerate for 2-3 hours. Remove from fridge 30 minutes before cooking and thread 4 pieces of lamb onto each skewer.

Place the peanuts, flour and salt in a food processor and pulse until finely chopped but still with a little texture. Take care not to over-process.

Place the peanut flour in a shallow dish and coat the kebabs, gently pressing to ensure the coating sticks.

Heat a large non-stick frying pan or grill plate over medium heat. Spray with the Cooking Mist. Cook the skewers for 2 minutes on each four sides, until the coating is golden and crispy and the lamb is cooked through. Spray generously with the Cooking Mist on each turn.

To make the dipping sauce, mix together all the ingredients and place in a small bowl. Serve the skewers with the dipping sauce on the side, garnished with lime slices, sliced chilli and spring onion.



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